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ABSTRACT

Noting that children will adjust their food intake to their energy needs, and that offering a variety of foods often will increase their acceptance of new foods, this guide offers instruction on the proper feeding of children ages 3 to 5 in Pennsylvania's Child and Adult Care Food Program (CACFP). The menus presented in the guide follow the current recommendations of the American Academy of Pediatrics for all healthy children over age 2. The guide contains sections on: (1) nutrition, including the food guide pyramid and federal dietary guidelines; (2) food safety; (3) activities with food for children; (4) recipes, including breakfast, lunch, and snack recipes; (5) menu cycle; (6) menu planning, including a menu planning tool; and (7) a resources list. Appendices include a menu planning worksheet, the CACFP meal pattern, nutrition label information, and a recipe index for 6- to 12-year-olds. (EV)

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Healthful Menus and Recipes

for children over two years of age in
the Child and Adult Care Food Program



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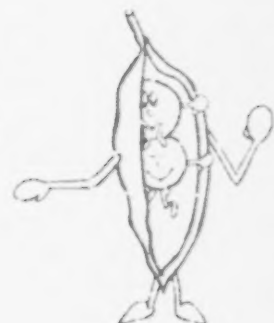


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Healthful Menus and Recipes

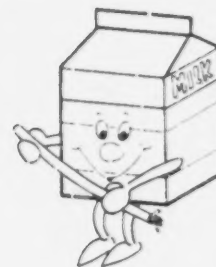
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Tom Ridge, *Governor*

Eugene W. Hickok, *Secretary*
Department of Education

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*One hundred years from now,
It won't matter what car I drove,
What kind of house I lived in,
How much I had in my bank account,
Nor what my clothes looked like;
But, the world may be a little better
Because I was important in the life of a child.*

Anonymous

Over the past years, we have learned much about feeding children. We have always known children have differing appetites-some eat small amounts of foods and need to eat more often, others consume large amounts less frequently. We have recently learned children adjust their food intake to their energy needs. They do this from meal to meal and from day to day. But they can only do this if adults don't interfere!

We have also recognized that forcing children to eat only sets up unpleasant experiences for the child and the care giver. We now know offering children a variety of foods OFTEN will increase their acceptance of new foods. You may need to serve a food at least five to ten times before a child will eat it. We also have learned that it is the child who is ultimately responsible for what, how much and even whether he or she eats. As all of us know, you cannot force a child to eat what he or she doesn't want to! However, the parent and caregiver are responsible for what is presented to eat and the manner in which it is presented.

Just as important as how we feed children is what we feed them. We have learned that what we eat as children can affect us in our adult life. This book provides you with ideas to help you meet the nutritional needs of the children in your care. It is important to remember that children's needs change over time and are different from those of adults. Infants require a larger amount of fat for their growth and development than do preschool-aged children. For this reason, there should be no restrictions made to their fat intake. After the age of two, it is safe to change to lower-fat food choices. This change should be done gradually between the ages of two and three. By the time the child reaches age three, it is safe and appropriate to use foods such as 1% milk and lean meats.

The menus presented in this guide follow the current recommendations of the American Academy of Pediatrics for all healthy children over two years of age. The nutrition activities and resource list, the food safety section, and the recipes found in this guide provide you with helpful ideas to use as you, the care giver, nurture your children and nourish their bodies by serving safe and healthful food choices in a pleasant environment.



William Cochran, M.D.
Chair, Committee on Nutrition
Pennsylvania American Academy of Pediatrics

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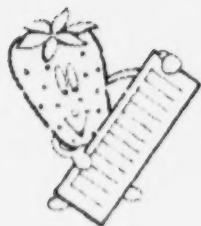
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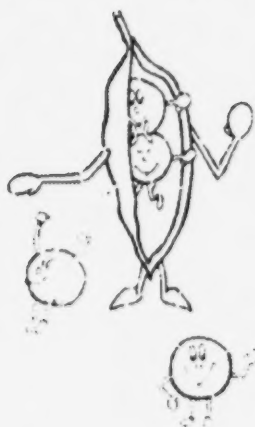
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The Food Guide Pyramid

It is best to eat a variety of different foods every day. No one food gives you all the nutrients you need to stay healthy. The Food Guide Pyramid helps you eat better every day. The Food Guide Pyramid illustrates key dietary recommendations:

1. Eat a variety of foods.
2. Eat plenty of breads and cereals.
3. Eat five servings of fruits and vegetables every day.
4. Eat foods lower in fat.
5. Choose snacks with moderate amounts of sugars.

Young children should have the same number of servings as adults, just smaller portion sizes. However, it is important that they have at least 2 cups of milk each day. The minimum recommended number of servings for most children is listed below. Almost everyone should have at least the lowest number of servings that appear in parentheses.

The Food Guide Pyramid is an outline of what to eat each day. It is not to be followed for one food or one meal, but for all food choices in a given day.

Food Guide Pyramid A Guide to Daily Food Choices

Fats, Oils, & Sweets
Use sparingly

Milk, Yogurt, & Cheese Group
2-3 servings

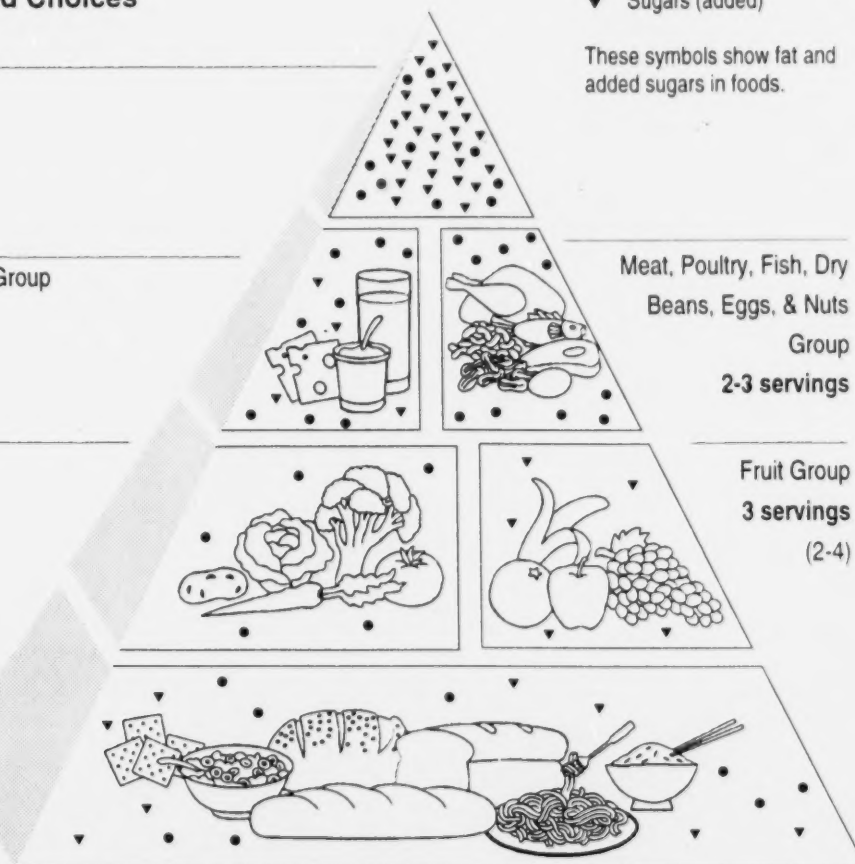
Vegetables Group
4 servings (3-5)

Bread, Cereal,
Rice, & Pasta
Group
9 servings (6-11)

Key

- Fat (naturally occurring and added)
- ▼ Sugars (added)

These symbols show fat and added sugars in foods.



Dietary Guidelines

The meals and snacks child care providers are serving may be the most complete meals of the day for many children. Healthful meals can teach children that wise food choices are important throughout the day. It is essential that the food served to the children provides the nutrients they need for good health and normal growth.

At child care, children acquire positive attitudes and information about food that they carry with them all their life. Child care providers have the opportunity to expose children to positive food experiences that will influence their eating habits forever.

Currently scientists and health professionals agree that balance, variety and moderation in food choices are the best dietary guidance. The 1995 USDA Dietary Guidelines stress a diet consisting of a wide variety of foods. Food eaten should include grains, vegetables, fruits, milk products, meat and meat alternates. The Guidelines suggest foods be chosen that are low in fat, saturated fat, and cholesterol. The change from the types of foods eaten during infancy and the toddler years to more adult food choices should be gradual.

While we know a lot about vitamin and mineral needs for children, we do not have enough scientific information about the exact growth and developmental needs of children regarding fat. The 1995 USDA Dietary Guidelines suggest that by the time the child enters school, the food eaten should provide no more than 30% of energy from fat, no more than 10% of energy from saturated fat, and no more than 300 mg of cholesterol daily, beginning at the age of two. The American Academy of Pediatrics suggest no less than 30% of energy from fat, no less than 10% of energy from saturated fat, and no more than 300 mg of cholesterol daily, beginning at the age of two. In developing this guide, we attempted to target 30% of energy from fat.

In order to provide the children in your care with nutritious meals that follow these guidelines, your child care facility should strive to:



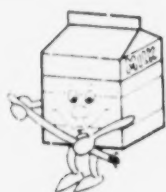
- Offer a variety of foods**
- Serve meals that help maintain a healthy body and weight**
- Serve plenty of grain products, vegetables, and fruits**
- Offer meals low in fat, saturated fat, and cholesterol**
- Offer foods moderate in sugars**
- Offer foods moderate in salt and sodium**
- Promote an alcohol- and drug-free lifestyle**



Adapted from: Building for the Future: Nutrition Guidance for the Child Nutrition Programs
(See reference section)

Serving children meals that meet the dietary guidelines does not mean that all meals have to be low-fat or that you have to serve the same foods over and over again. When you look at the menus included in this guide, you will see many weekly combinations of lower, moderate, and higher fat days that include plenty of whole grains, fruits and vegetables, low-fat dairy products and lean meats. Children need a lot of calories for energy and growth. When fat is lowered in a meal, calories are lost. Those calories from fat need to be replaced with calories from other foods such as grains, vegetables, and fruits. This may require larger servings of those foods. Younger children may need to eat smaller meals more often to get those extra calories. The combination of lower, moderate, and higher fat days protects the child from a diet that may be too low in fat.

Research has shown that most fat in children's diets comes from meats and dairy products (milk and cheeses). Therefore, to serve meals low in total fat, saturated fat, and cholesterol, it is necessary to choose lower-fat varieties of meats and/or milk products. We used 1% milk instead of whole milk in all of our menus.



Using 1% milk in place of whole or 2% milk lowers the fat in the meal enough to let you choose foods with higher fat than would otherwise be possible. When selecting meat/meat alternate foods, desserts, and methods of cooking, you won't have to give up favorite foods. Since 1% milk has less fat than whole milk, you have room to include a wide variety of foods.

Recommended Dietary Allowances (RDAs) are suggested for children ages 1 - 3 and for children ages 4 - 6. Since this guide was developed for 3 - 5 year olds, each **recipe** in this guide has been nutritionally analyzed and compared to the RDAs for children 4 - 6 years old (see the list below). The **menus** in this guide were developed to meet both the dietary guidelines for fat, saturated fat, and cholesterol and the CACFP meal component requirements.

RDA: (age 4-6)

Calories:	1800
Protein:	24 g.
Vitamin A:	500 RE
Vitamin C:	45 mg.
Iron:	10 mg.
Calcium:	800 mg.

Nutrition Recommendations

Fat	About 60 g.
Saturated	About 20 g.
Cholesterol	Less than 300 mgs.
Sodium	Less than 2400 mgs.

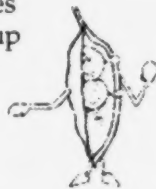


The recipes in this guide are not all lower-fat recipes. It is important to protect children from diets that may be too low in fat. The recipes are all used in weekly menus that meet the dietary guidelines. Details about the use of the recipes are in the recipe section of this guide. Calories, protein, fat, and sodium are listed for each recipe. Iron, vitamin A and vitamin C are listed only if they were identified as a particularly good source of these nutrients. If a recipe provides at least 25% of the RDA for vitamins A and C for children 4 - 6 years old, it is identified as a **good** source of those nutrients. If a recipe provides at least 1 mg of iron per 1.5 oz. serving it is identified as a **good** source of iron.

Some good sources of vitamin A, vitamin C and iron are listed below.

Vitamin A

Apricots
Broccoli
Cantaloupe
Carrots
Collards, spinach
Mixed vegetables
Peas & carrots
Red peppers
Sweet Potatoes
Vegetable soup



Vitamin C

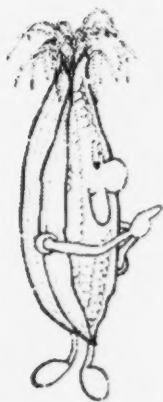
Baked Potato
Broccoli
Cabbage
Collards, spinach
Grapefruit
Green & Red peppers
Mangoes
Oranges & Orange Juice
Strawberries
Tomatoes



Iron

Dry beans and peas
Enriched & whole grain breads
Eggs
Beef, pork (lean)
Fortified cereal
Turkey
Raisins
Spinach

Each day does not need to meet the dietary guidelines for fat and saturated fat. Menus for the **entire week** should. More information about the menus and how to use them will follow later in the guide (p. 51 & 73).



**Remember,
variety is the key in serving
nutritious & healthful meals.**



Stop Food Poisoning Before It Stops You!

Healthful food is safe food. Food that looks good, smells good, even tastes good may be contaminated. Here are some tips to help you keep your food safe.

Bacteria cause most cases of food poisoning.

- Bacteria are very tiny organisms that can only be seen with a microscope.
- Bacteria are everywhere—in the air, on kitchen counters, dishes, sponges, silverware, hands, in the water we drink and on the food we eat.
- Some bacteria are useful. We use them to make foods like cheese, buttermilk, sauerkraut and pickles.
- Other bacteria are harmful. They grow and live on the food you eat. When you eat contaminated food, the bacteria make you sick.



Bacteria are living things. They multiply quickly by dividing themselves in half. Within 10 hours, one bacterium can become millions.

Bacteria move easily from one thing to another. Like hitchhikers, they take advantage of every

opportunity to move to new areas where they may live and grow.

Most cases of food poisoning come from:

Eating partially cooked foods—

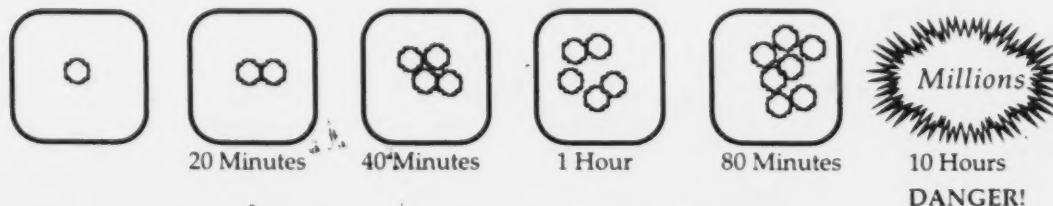
- Hamburger that is red in the middle.
- Undercooked chicken and fish.
- Raw or partially cooked eggs.
- Rare and medium-rare steak and roast beef.

Poor food handling—

- Not washing hands before touching food.
- Cutting raw meat on a cutting board, then cutting vegetables on the same cutting board.
Bacteria grow well in raw meat, poultry and seafood.
- Thawing frozen food on the kitchen counter.
Bacteria thrive at warm temperatures. As food thaws on the counter, bacteria begin to grow on the surface.

Storage problems—

- Cooling large kettles of soup or large casseroles on the counter or range.
- Juices from packages of raw meat, poultry or fish dripping onto other foods in the refrigerator.



Bacteria multiply quickly by dividing themselves in half.

Stop Bacteria In Their Tracks

- Wash your hands and the children's hands in hot, soapy water:

- ☐ Before touching food
- ☐ After wiping noses
- ☐ After handling raw food
- ☐ After using the bathroom
- ☐ After changing diapers
- ☐ After playing with pets



- Cover your mouth and nose when you cough or sneeze or turn your head and cough or sneeze into your shoulder. Teach the children to do the same.

Wash hands again before touching anything.

- Catch meat juices.

Place frozen meat on a plate and thaw on the bottom shelf of the refrigerator, so the juices don't drip onto other foods.



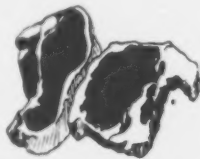
- Wash kitchen towels and dishcloths often.

If a towel or dishcloth is used to wipe juices from raw meat, poultry or fish, wash before using it again.

Replace kitchen sponges every few weeks.

- Keep raw meat, poultry and fish away from other foods.

Place cooked meat on a clean plate, not on the same plate that held raw meat.



- Wash cutting boards in hot, soapy water after slicing raw meat, poultry, or seafood.

Rinse well.

- Use a disinfecting solution after washing and rinsing:

- ☐ Cutting boards
- ☐ Kitchen counters
- ☐ Utensils
- ☐ Diaper changing stations



Disinfecting Solution

2 tablespoons liquid bleach

1 gallon warm water

Place the mixture in a dishpan for dipping cutting boards and kitchen utensils. Set them in a drainer to air dry.

Put the solution in spray bottles and use when cleaning kitchen counters and diaper changing tables. Dry with a paper towel. Remember to change the solution several times a week.

Dirty Diapers

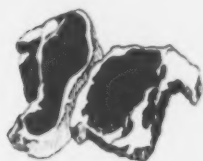
Feces are full of bacteria that can get on your hands when you change dirty diapers. The bacteria can pass from your hands to contaminate other children, toys, food and anything else you touch.

Keep the changing table clean.

- Make a disinfecting solution and place in a spray bottle to be kept next to the changing table.
- Spray the changing table with disinfecting solution and wipe dry with a clean paper towel after changing a child's diaper.
- Throw away paper towels immediately after each use.
- Change solution several times a week.

Keep Hot Food Hot or Cold Food Cold

Cook foods until well done



Cook red meat until it is a brown or gray color inside or to a temperature of 160°F on a meat thermometer.



Cook poultry until the juices run clear or to a temperature of 180°F on a meat thermometer.



Cook fish until it flakes with a fork.



Cook eggs until the yolk and white are firm, not runny. Scramble eggs until firm.

Avoid raw milk and eggs

Raw milk (from cows and goats) may contain harmful bacteria. Drinking this milk could make you sick. Pasteurization kills these harmful bacteria.

Make sure the milk you buy and serve to the children in your care is pasteurized.

Raw eggs may contain harmful bacteria. Cooking eggs until the yolk and white are firm will kill bacteria, making them safe to eat.

Some recipes for homemade ice cream, mayonnaise and eggnog may contain raw eggs. They are not safe to eat.

The ice cream, mayonnaise and eggnog that you buy at the grocery are made with pasteurized eggs. They are safe to eat or drink.

Caution to batter tasters—

Tasting raw cookie batter or other batter containing raw eggs may make you sick. Wait until it is baked. Then safely enjoy!

Keep Leftovers Safe

- Refrigerate leftovers right away. Do not cool on the counter top first!
- Never leave food out of the refrigerator for more than a total of 2 hours (less than 2 hours on a hot summer day). Bacteria that cause food poisoning grow quickly in warm temperatures.
- Divide large amounts of soups, stews, casseroles, or other leftovers into small, shallow containers for quick cooling in the refrigerator.

- Remove stuffing from poultry or other stuffed meats. Refrigerate stuffing in a container separate from the meat.

Reheating Leftovers

- Bring soups, sauces and gravies to a boil.
 - Heat other leftovers thoroughly or until the temperature on a meat thermometer is 165°F.
 - Microwave leftovers using a lid or vented plastic wrap for even heating.
-

Microwave Safety

A microwave oven saves time in the kitchen and is a great way to defrost, cook and reheat foods. However, microwaves don't cook evenly, leaving cold spots in foods. Bacteria can live in these spots. Follow these safe microwave tips:

- A microwave will work best if it is cleaned often. Clean the inside of your microwave oven once a week with dish detergent and warm water. Rinse the walls and dry them. If food particles get stuck on the walls, boiling a dish of water in the microwave will loosen the food particles. Wipe them away with a sponge. Remove odors by boiling a dish of $\frac{3}{4}$ cup water and $\frac{1}{4}$ cup lemon juice in your microwave oven. Wipe the inside of the oven with a damp cloth.
- Reheat foods directly from your freezer or refrigerator. The food must already be cooked. Allow for the **standing time** called for in a recipe or package directions. Standing time ensures thorough cooking of the food.
- Stir and rotate your food for even cooking. If your microwave does not have a turntable, rotate the dish by hand once or twice during cooking.
- Foods will be hot when you remove them from the microwave. Do not stand directly over the container when you remove the lid because hot steam may be released. Always check food before serving to make sure it is not too hot or too cold. Reheat the food if it is not hot enough.
- When defrosting foods, make sure you are using a microwave safe container. Remove all plastic wrap touching the food. It is okay to leave plastic wrap on the container itself. If the food is too frozen to remove the plastic wrap, you can begin to defrost it with the plastic still on, but remove the wrap as soon as you can.

- Just as it is important to stir foods when reheating it is also important when defrosting food. Move icy pieces to the outside and turn over large pieces of food.

- When defrosting foods, set the power level of your microwave on defrost or medium-low. Foods will feel cool and soft when they are done defrosting. You may still see ice crystals on the food. They will melt in a few minutes.
- Cook food immediately after it has defrosted. Do not refreeze any meat that has been defrosted.
- Always use cookware that is safe to use in a microwave and remember to cover the dish you are reheating with a microwave safe material.

Safe for use in microwave ovens

- Glass and glass ceramic cookware.
- Waxed paper.
- Paper towels (white towels are best).
- Heavy duty plastic wrap can be used to cover a container. Do not put it directly on the food.
- Oven cooking bags.
- Special browning or crisping devices. Carefully follow package directions. Never try to re-use these devices.

Not safe for use in microwave ovens

- Do not use cold storage containers, such as margarine tubs, whipped topping bowls, or cottage cheese containers. They have not been approved for microwaving. High heat may cause harmful chemicals to get into the food.
- Do not use brown grocery bags or newspapers. These contain metals that could start a fire. Stop cooking if a fire starts in your microwave. Do not open the door. The fire should go out by itself. Do not re-use trays and containers provided with microwavable products.

Brown Bag Safety

Packing Pointers

Start with cold food—pack directly from the refrigerator or freezer. Pack all food in clean plastic wrap or sandwich bags. Use an insulated cooler if you have one.

Include a cold source in the cooler or picnic basket, such as:

- Commercial ice packs or make your own by placing ice cubes in a plastic bag, then wrapping the bag in foil.
- Freeze sandwiches ahead of time. Place frozen sandwiches in the cooler or bag—they will thaw by lunch time.
- Frozen small cans or boxes of juice, yogurt, or applesauce—they will thaw by lunch time.
- Frozen foods such as hamburgers.
- Cold fruit.
- Keep hot foods hot in a thermos or insulated dish.

Plan Ahead

Take only the amounts of food you'll use. With a proper cooler and ice, most foods are safe for short periods of time.

Make several sandwiches at one time. Wrap each one by itself. Pack lettuce, tomato, and mayonnaise in separate containers. Add them to sandwiches just before eating. Put all the wrapped sandwiches in a big plastic bag and freeze them. Simple sandwiches freeze best. Try using peanut butter, cheese, sliced meat, or poultry.

If you do not have a cooler, take fresh, canned, or dried fruits, raw vegetables, hard cheese, canned or dried meats or fish, dry cereal, bread, peanut butter, crackers, or cookies.



At the Picnic

- Keep the cooler in the shade—don't leave it in direct sunlight or in the trunk of the car.
- Keep the lid on the cooler—avoid frequent openings.
- In hot weather, food should not sit out for more than an hour.
- Serve food quickly from the cooler.
- Serve small portions so the food doesn't stay out of the cooler too long.

If you plan to prepare food at the site:

- Keep food cold until you're ready to grill it.
- Cook food completely at the picnic site—no partial cooking ahead.
- Cook food thoroughly.
- Red meat and poultry should not be pink; juices should run clear.
- Fish should flake with a fork.
- Use a clean plate to serve cooked food.
- Be careful that raw meat juices don't touch other foods.

Remember, contaminated food may look good, smell good, and taste good. You may wonder if you should use it. **When in doubt, throw it out!**

Stop Bacteria in their Tracks

Sanitation Check List

1. Wash hands in hot, soapy water.
 - ☐ Before you touch food
 - ☐ After handling raw food
 - ☐ After using the bathroom
 - ☐ After changing diapers
 - ☐ After playing with pets
2. Cover mouth and nose when you cough or sneeze.
 - ☐ Turn your head away from food
 - ☐ Wash hands again before touching food or children
3. Catch meat juices.
 - ☐ Place frozen or raw meat on a plate to thaw in the refrigerator, so the juices don't drip on other foods
 - ☐ Place packages of raw meat, poultry, and seafood into plastic bags before you put them in your shopping cart
 - ☐ Keep raw and cooked foods apart
4. Wash cutting board in hot, soapy water and rinse well.
5. Cook raw foods well.
 - ☐ Keep hot foods hot (above 140°F)
6. Refrigerate cooked foods immediately.
 - ☐ Keep cold foods cold (below 40°F)
7. Wash kitchen towels and dishcloths often.
 - ☐ Replace kitchen sponges every few weeks
8. Use a disinfecting solution after washing and rinsing.
 - ☐ Cutting boards
 - ☐ Kitchen counters
 - ☐ Utensils
 - ☐ Diaper changing tables

Disinfecting Solution

2 tablespoons liquid bleach

1 gallon warm water

Place the mixture in a dishpan for dipping cutting boards and kitchen utensils. Set them in a drainer to air dry.

- Put the solution in spray bottles and use when cleaning kitchen counters and diaper changing tables. Dry with a paper towel. Remember to change the solution several times a week.
-

It's OK to Play With Your Food!

This section of the guide contains some examples of food and nutrition activities that can be done with children of all ages. Some of the activities are designed for younger children (less than 5 years old), while others are intended for older children (age 5 and over). Choose the ones that are most appropriate for the children in your care. "Playing with food" is not only a good way to learn about food and nutrition, but it can also be a fun way to learn about smell, touch, size, shape and texture.

This section contains just a few examples of games, songs and other activities that will help children learn about food and nutrition. Please refer to the reference list at the back of the guide for ideas on where to look for more games, activities, songs and stories.

Monster Toast

Serves 1.

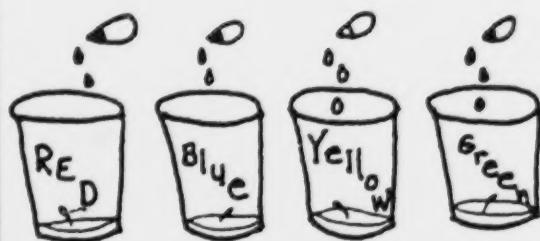
1.

Pour milk.



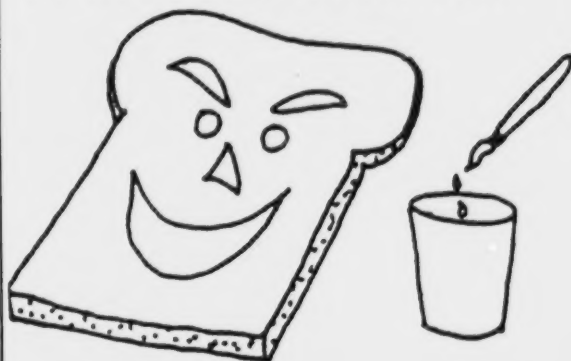
2.

Add food coloring.



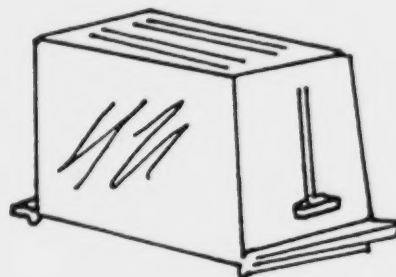
3.

Paint a monster.



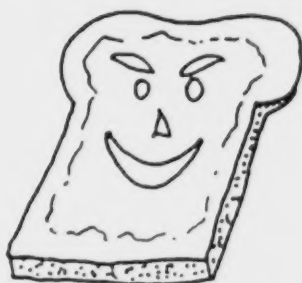
4.

Toast.



5.

Butter lightly.



Note: Make the milk paint brightly colored.

6.

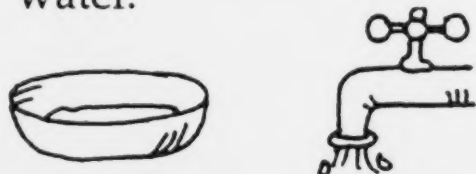
Munch your Monster!



Letter Pretzels

Serves 6 to 8.

1. Dissolve 1 tablespoon yeast in $\frac{1}{2}$ cup warm water.



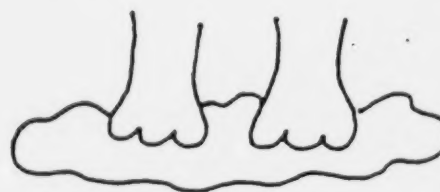
2. Add 1 teaspoon honey and 1 teaspoon salt.



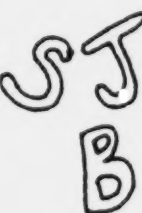
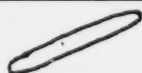
3. Add $1\frac{1}{3}$ cups flour.



4. Knead.



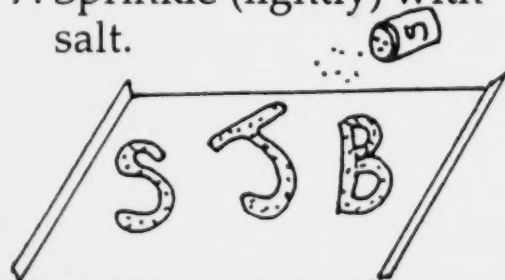
5. Roll pieces.
Form letters.
(Form letters on wax paper over a letter guide.)



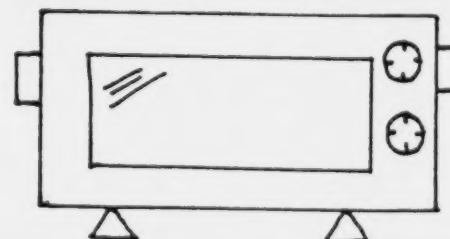
6. Brush with beaten egg.



7. Sprinkle (lightly) with salt.



8. Bake 10 minutes at 425°.



Note: Preheat oven; use coarse salt if available.

From Karen S. Johnson, *Kinder-Krunchies—Healthy Snack Recipes for Children*. © 1982 by Discovery Toys. Reprinted by permission.

More Activities

Hop Up to Good Health

This activity will help children learn to identify a variety of nutritious foods and help them understand the difference between *anytime* snacks and *sometime* snacks. *Anytime* snacks can help us grow, make us strong, and may help keep us healthy. *Sometime* snacks, on the other hand, contain fewer nutrients than *anytime* snacks.

Materials: Game Cards

Chalk or tape lines marked on the floor to indicate *starting line* and the *Good Health Goal line*

Box for the game cards

Make game cards on 3 x 5 cards using pictures of foods from the list below. A number, 2 or 1, is to be marked on the back of each card indicating the category of the food. (See list below.)

To play the game have 4 to 6 children at a time stand behind the marked starting line. Each child, one at a time, draws a food game card from the box. Each player identifies the food on their card, turning the card over, the number is read. If it is an *anytime* snack the card will have a number 2 on the back. This means the child may take two hops forward. If it is a *sometime* snack, the card will have a 1 on the back. This means the child may take one hop forward.

The object of the game is to be the first to reach the Good Health Line (marked 30 ft. away from the starting line) by hopping.

Source: Adapted from *Show Me Healthy Habits—A Nutrition Education Curriculum for Early Childhood*

Food	Points	Food	Points
Milk	2	Orange juice	2
Apple	2	Peas	2
Banana	2	Soda	1
Cheese	2	Candy	1
Leafy green vegetables	2	Chocolate cake	1
Tomato	2	Potato chips	1
Peanuts	2	Sugar cookies	1
Carrot	2		

Nutrient Fishing

Tape paper clips to the back of food models or pictures of food. Using a dowel or stick and string, make a simple fishing pole. Put a small magnet on the end of the string. For a pond, use a pie pan, bowl or simulate a pond using a hoola-hoop on floor or tape circle.

Have children fish for a well balanced meal. The magnet will attract the paper clips. Allow enough turns so everyone can catch a balanced meal.

Discuss and identify the foods with the children and ask them if they know in which section of the Food Guide Pyramid that food belongs.

Source: *Show Me Healthy Habits—A Nutrition Education Curriculum for Early Childhood*

Characteristics of Foods

This is a fun activity that can be used to teach children about the sensory characteristics of food. For best results, use with small groups of 4 to 6 children at a time.

Ask the children to close their eyes or tie a bandana over their eyes. Make the following sounds and ask the children to identify the foods using only their sense of hearing.

Eggs breaking	Pouring water
Crumbling crackers	Beating eggs
Corn popping	Celery crunching
Soda water fizzing	

Smell It

Place some of the items below in small containers. Use plastic margarine tubs or empty 35mm film canisters. (Ask parents to save these for you.) Cut a slit in the lid. Glue small pictures from magazines or drawings of each food onto a piece of paper. Have the children take turns smelling the containers. Ask them to match the canister to the correct food picture.

Tuna	Vanilla	Lemon juice
Onion	Citrus peel	Cocoa
Peanut butter	Pepper or chili powder	

Feel It

Place sturdy foods (see list below) inside clean socks or paper bags. Ask the children to reach into the sock or bag and identify the foods by touch only. You may want to have pictures of the foods pasted onto a sheet of paper. Ask the children to match what's inside the bag to the pictures. Talk to them about how foods feel—are they smooth, bumpy, fuzzy, round, long, large or small?

Dry beans	Uncooked rice	Dry cereal
Flour	Raisins or prunes	Cornmeal
Kiwi		

Taste It

Stir the following items into plain water. Give each child four spoons to dip into the solutions to taste. Ask them which foods taste salty, sweet, etc.

Salt (salty)	White vinegar (sour)
Sugar (sweet)	Unsweetened grapefruit juice (bitter)

Source: *Teaching Children About Food—A Teaching and Activities Guide*

Food Bingo

Make copies, one for each child, of the blank *Food Bingo* card on page 18. Place a food sticker or paste pictures of food from a magazine in each square under the appropriate food category (bread/bread alternate, fruit, vegetable, milk, meat/meat alternate, or fat, oils & sugars). Show or name a food on the child's bingo cards. Children place macaroni on the appropriate space if the food matches. The game is won when one child has macaroni aligned in a row, across, down, diagonally or in the four corners of the bingo card.

Source: *Fun with Foods For Preschool & Grades K-3*, University of Maine at Orono.

New Food Treasure Hunt

Gather some small plastic containers with lids and a variety of nonperishable, unfamiliar foods (breads, fruits and vegetables work well). Prepare each new food so it is ready to taste. Be sure to wash fresh fruits and vegetables. Cut into bite-size pieces. Place foods into plastic containers, using a different container for each food.

Hide the containers, either inside or outside. Have the children find the containers. When the search is over, each child should bring his or her "treasure" to the table to share with the other children.

Source: *Better Kid Care—Caring for Kids Newsletter*

Food Bingo Card

Meat/ Meat Alternate	Milk	Veggies	Fruit	Bread/ Bread Alternate	Fats, Oils, and Sweets

Some Simple Silly Songs

Here are some simple songs about food and nutrition to sing with preschool children. All of the songs are put to the tune of familiar songs and nursery rhymes, so you can sing them easily. Create new verses or compose your own songs. Use familiar melodies or make new ones.

The Good Food Song

To the tune of: Old MacDonald Had a Farm

Vegetables are good for me,

EE I EE I O

And so I eat them happily,

EE I EE I O

[Children take turns naming vegetables they like]

With a carrot, carrot, here

And a carrot, carrot, there

Here a carrot, there a carrot,

Everywhere a carrot, carrot.

Vegetables are good for me,

EE I EE I O

Fruits are very good for me,

EE I EE I O.

And so I eat them happily,

EE I EE I O.

[Children take turns naming fruits they like]

With an apple, apple here

And an apple, apple there

Here an apple, there an apple,

Everywhere an apple, apple.

Fruits are very good for me,

EE I EE I O

The Vegetable Song

To the tune of: Twinkle, Twinkle, Little Star

Carrots, peas, and broccoli,

Vegetables are good for me.

For my snack and in my lunch,

Veggie sticks are great to munch.

Carrots, peas, and broccoli,

Vegetables are good for me.

Brush, Brush, Brush Your Teeth

To the tune of: Row, Row, Row Your Boat

Brush, brush, brush your teeth,

'til they're shiny bright.

They'll be healthy, they'll be strong,

If you treat them right.

Oh, Before I Eat My Meals

To the tune of: If You're Happy and You Know It, Clap Your Hands (pantomime the actions)

Oh, before I eat my meals, I wash my hands,

(scrub, scrub)

Oh, before I eat my meals, I wash my hands,

(scrub, scrub)

Oh, it's very smart, I think,

Sends those germs right down the sink.

Oh, before I eat my meals, I wash my hands.

(Scrub, scrub)

Oh, before I eat my meals, I set my place,

(set, set)

Oh, before I eat my meals, I set my place,

(set, set)

I set everything I need,

I feel very proud, indeed.

Oh, before I eat my meals, I set my place.

(Set, set)

Oh, before I eat my meals, I pass the food,

(pass the plate)

Oh, before I eat my meals, I pass the food,

(pass the plate)

'Cause we know it's only fair

For us all to have our share

Oh, before I eat my meals, I pass the food.

A Recycling Song

To the tune of: Frere Jacques

Save your bottles, save your bottles,

Save your cans, save your cans.

Bundle up your papers, bundle up your papers,

That's the plan, that's the plan.

The More That We Recycle

To the tune of: Did You Ever See a Lassie

Oh, the more that we recycle, recycle, recycle,

Oh, the more that we recycle, recycle, recycle,

The happier we'll be.

'Cause your earth is my earth

And my earth is your earth

So the more that we recycle

The happier we'll be.

When We Eat Together

To the tune of: Here We Go 'Round the Mulberry Bush

(Pantomime the actions)

This the way we pass the plate,

Pass the plate, pass the plate,

This the way we pass the plate

When we eat together.

And this is the way we use our fork,

Use our fork, use our fork,

This is the way we use our fork,

When we eat together.

And this is the way we pour our juice [or milk],

Pour our juice, pour our juice,

This is the way we pour our juice,

When we eat together.

This the way we cut our food,

Cut our food, cut our food,

This the way we cut our food,

When we eat together.

This is the way we clear our place,

Clear our place, clear our place.

This is the way we clear our place,

When we eat together.

(Create and add your own verses or have the children create their own.)

A Planting Song

To the tune of: Mary Had a Little Lamb

(Use the names of the children in the group in place of

"Mary")

[Mary] had a little seed,

Little seed, little seed,

[Mary] had a little seed,

And hoped that it would grow.

She watered it and pulled the weeds,

Pulled the weeds, pulled the weeds,

She watered it and pulled the weeds

With sprinkling can and hoe.

And every day the sun would shine,

Sun would shine, sun would shine,

And every day the sun would shine

And warm it for a while.

And soon a little sprout came out,

Sprout came out, sprout came out,

And soon a little sprout came out;

It made dear [Mary] smile.

A lettuce plant began to grow,

Began to grow, began to grow,

A lettuce plant began to grow,

So fresh and crisp and green.

Then carefully she picked some leaves,

Picked some leaves, picked some leaves,

Then carefully she picked some leaves,

And rinsed them nice and clean.

Now homegrown salad, she will eat,

She will eat, she will eat,

Now homegrown salad, she will eat.

She grew a healthy treat.

Recipes

B/BA = bread/bread alternate M/MA = meat/meat alternate F/V = fruit/vegetable SM = sample menu

Note: Most recipes are used more than once in the sample menus, however, only one location is identified in the index.

Recipe	Meal Component (Svgs.) 3-5 yr.*	Page (SM)
Apple Coleslaw	(15) 1 F/V	32 (64)
Apple Tuna Sandwich	(20) 1 B/BA, 1 M/MA	32 (59)
☺ Applesauce (Homemade)	(15) 1 F/V	45 (56)
Baked Beans and Noodles	(11) 1 M/MA, 1 B/BA	32 (56)
☺ Banana Crunch Pops	(15) 1 F/V	45 (70)
Banana Raisin Pancakes	(26) 1 B/BA	24 (63)
Beef Barley Stew	(13) 1 M/MA, 1 F/V	33 (62)
Beef Stew	(13) 1 M/MA, 1 F/V	33 (66)
Breakfast Apple Pizza	(20) 1B/BA, ½ F/V	24 (66)
Carrot & Raisin Salad	(15) 1 F/V	34 (52)
Cheese-Wheat Snacks	(15) 1 B/BA	46 (68)
Chicken Nuggets & Dipping Sauce	(12) 1 M/MA	34 (53)
Chicken-Vegetable Soup	(11) 1 M/MA, 1 F/V	35 (65)
Chinese Vegetable Stir-Fry	(15) 1 F/V	35 (58)
Chocolate Raisin Banana Muffins	(24) 1 B/BA	25 (57)
Crispy Winter Vegetable Salad	(15) 1 F/V	36 (68)
Dogs in Blankets	(10) 1 M/MA, 1 B/BA	36 (52)
Fancy Baked Potatoes	(20) 1 F/V	37 (64)
Frozen Waffle Treat	(24) 1 B/BA	46 (66)
Fruit Dip	Does not fulfill a meal component	46 (71)
Fruit Smoothy	(13) 1 milk, 1 F/V	25 (67)
Fruit-N-Juice Shake	(15) 1 M/MA 1F/V	25 (65)
☺ Fruity Parfait	(15) 1 F/V, 1 B/BA	47 (63)
Giant Blueberry Rounds	(20) 1 B/BA	26 (54)
Granola Bars	(20) 1 B/BA	46 (56)
☺ Green Eggs and Ham	(10) 1 M/MA	37 (56)
☺ Homemade Granola	(22) 1 B/BA	26 (54)
Hot and Fruity Oatmeal with Jam Sauce	(20) 1 B/BA	27 (64)

☺ These recipes may be useful as hands-on activities.

* Number in parentheses indicates number of servings.

For Recipe Meal Component information for 6-12 year olds, see Appendix D

Recipe	Meal Component (Svg.) 3-5 yr.	Page (SM)
No-Flip Pancakes	(20) 1 B/BA	27 (61)
Oatmeal Silver Dollars & Pear Sauce	(20) 1 B/BA, 1 F/V	28 (65)
On the Run Pizza	(13) 1 M/MA, 1 B/BA	38 (53)
One-Pot Mac 'n' Cheese	(13) 1 M/MA, 1 B/BA	38 (59)
Pasta Salad	(11) 1 B/BA, $\frac{1}{2}$ F/V, 1 M/MA	39 (55)
Peach Waffle Topping	(10) $\frac{1}{2}$ F/V	29 (52)
Peanut Butter Muffins	(20) 1 B/BA	47 (64)
☺ Peanutty Burrito Rolls	(20) 1 B/BA, 1 M/MA, $\frac{1}{2}$ F/V	48 (66)
Rice Pudding	(10) 1 B/BA	48 (54)
Rice & Apples	(10) 1 B/BA	39 (67)
Spaghetti & Meat Sauce (Microwave)	(15) 1 M/MA, 1 B/BA, $\frac{1}{2}$ F/V	40 (58)
Spinach Cakes	(10) $\frac{1}{2}$ F/V	40 (60)
Taco Bake	(15) 1 M/MA, 1 F/V, 1 B/BA	41 (57)
Tripearatops Pops	(15) 1 F/V	49 (58)
Tuna Cakes	(13) 1 M/MA	41 (56)
Tuna Casserole	(11) 1 B/BA, 1 M/MA	42 (63)
Vegetable Dip	Does not fulfill a meal component	49 (52)
Vegetable Pasta Italiano	(11) 1 M/MA, 1 F/V, 1 B/BA	42 (61)
Vegetable Pita Pockets/Burritos	(20) 1 B/BA, 1 F/V, $\frac{1}{4}$ M/MA	43 (60)
☺ Vegetable Soup	(15) 1 F/V	43 (71)
☺ Very Giant Pretzels	(20) 1 B/BA	49 (55)
Warm Tropical Fruit Topping	(10) $\frac{1}{2}$ F/V	29 (57)
William Tell Pancakes	(20) 1 B/BA	30 (60)
Zucchini Bread	(24) 1 B/BA	30 (56)

B/BA = bread/bread alternate M/MA = meat/meat alternate F/V = fruit/vegetable SM=sample menu

Note: Most recipes are used more than once in the sample menus, however, only one location is identified in the index.

☺ These recipes may be useful as hands-on activities.

* Number in parentheses indicates number of servings.

For Recipe Meal Component information for 6-12 year olds, see Appendix D

BREAKFAST RECIPES

Food items must be used in the combinations shown in the menus to meet the meal component requirements of the CACFP.

Breakfast Apple Pizza

- 2 cups rolled oats
- 1 cup enriched, whole grain flour
- 1 cup all-purpose, enriched flour
- 1 cup margarine
- 2 teaspoons cinnamon
- 1½ cups Apple Syrup (below)
- 4 small apples, grated
- ½ cup chopped nuts (optional)

Mix oats, flours, margarine, cinnamon and ¼ cup of the Apple Syrup in a large bowl. Press ¾ of mixture into a 8-inch square baking pan to form a crust. Combine apples, nuts and remaining Apple Syrup; spoon mixture over crust. Top with remaining crust mixture. Press top down. Bake 30 minutes at 350°F. Cool and cut into 2-inch squares. Makes 20 (¼-cup) servings. *1 serving meets 1 bread/bread alternate, ½ fruit/vegetable (¼ cup) for 3-5 year olds. (Breakfast and snack only.)*

	Per Serving	
Calories:	99	Protein (g): 2
Fat (g):	6	Sodium (mg): 54

APPLE SYRUP

- 1 cup unsweetened apple juice
- 1 teaspoon cornstarch
- ½ teaspoon cinnamon
- ½ teaspoon vanilla



Mix cornstarch and 3 to 4 teaspoons of the unsweetened apple juice in a small cup. Place remaining apple juice in a saucepan. Add cornstarch mixture to the saucepan and bring to a boil. Add cinnamon and vanilla. Cook 5 minutes on medium heat, stirring often. **Note:** Also great on pancakes and waffles. Can also be used as a fruit dip.

Banana Raisin Pancakes

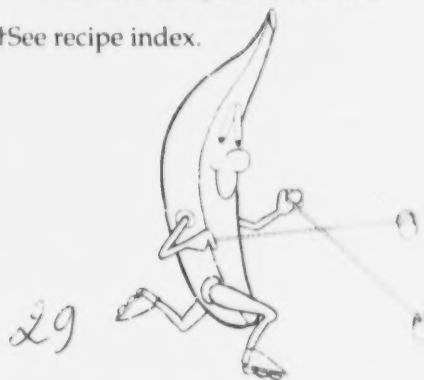
- 2 very ripe, small bananas, peeled
- 2 eggs
- 1 cup milk (1%)
- 2 tablespoons oil
- 2 cups pancake mix
- 1 cup raisins
- ¼ teaspoon cinnamon
- Warm Tropical Fruit Topping†

Break bananas into a mixing bowl. With back of fork, mash until smooth, about 1½ cups. Add egg, milk and oil to bananas; mix. In another mixing bowl, combine pancake mix, raisins and cinnamon. Add pancake mix to banana mixture and stir until moistened. Heat skillet over medium-high heat. Measure ⅛ cup batter and pour into skillet. Cook as many pancakes at one time as you can. Brown the underside of the pancake; when bubbles appear on the surface, carefully flip pancakes over and continue cooking for another minute. Slide pancakes onto a platter while you continue cooking the remaining batter. Spoon Warm Tropical Fruit Topping or pancake syrup over hot pancakes. Makes about 26 (2-inch) pancakes. *1 pancake meets 1 bread/bread alternate for 3-5 year olds.*

	Per Serving	
Calories:	86	Protein (g): 2
Fat (g):	3	Sodium (mg): 95

☛ This recipe is a good source of iron.

†See recipe index.

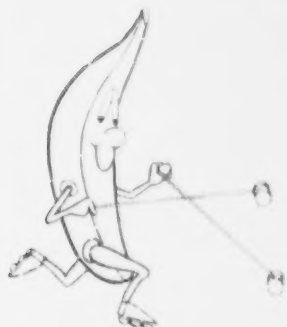


Chocolate Raisin Banana Muffins

- 2 ripe, small bananas, peeled
- 1 egg, beaten
- $\frac{1}{2}$ cup vegetable oil
- 2 cups all-purpose, enriched flour
- $\frac{1}{2}$ cup sugar
- 5 tablespoons cocoa powder
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon baking powder
- $\frac{1}{4}$ cup raisins

Coat muffin pans or 9 x 5-inch loaf pan with cooking spray. Preheat oven to 350°F. Mash bananas with a fork or in a food processor or blender. Scrape bananas into a mixing bowl and combine with eggs and oil. In another mixing bowl, combine flour, sugar, cocoa, baking soda, salt and baking powder. Add to banana mixture and stir until moistened. Stir in raisins. Spoon $\frac{1}{3}$ cup batter into 10 to 12 prepared muffin cups. Bake 20 to 25 minutes. To make a loaf, pour the batter into loaf pan and bake 55 to 60 minutes. Makes about 12 muffins or slices. $\frac{1}{2}$ slice or $\frac{1}{2}$ muffin meets 1 bread/bread alternate for 3-5 year olds.

	Per Serving		
Calories:	98	Protein (g):	2
Fat (g):	3	Sodium (mg):	86



Fruit-N-Juice Shake

- 5 large (9 inch) ripe bananas, peeled
- $3\frac{3}{4}$ cups pineapple juice
- $2\frac{1}{2}$ cups low-fat vanilla yogurt
- $\frac{1}{2}$ cup strawberries, stems removed and rinsed

Break bananas into small pieces and put in blender with juice, yogurt and strawberries. Secure lid and blend until smooth. Divide shake between 15 (4-ounce) glasses and serve immediately. 1 serving meets 1 meat/meat alternate (1 ounce) for snack only and 1 fruit/vegetable ($\frac{1}{2}$ cup) for 3-5 year olds.

	Per Serving		
Calories:	113	Protein (g):	2
Fat (g):	.7	Sodium (mg):	25

• A good source of Vitamin C.

"It was great!"

Fruit Smoothy

For 2 servings:

- 2 small cans (6 ounces each) fruit cocktail
- or

- 1 cup fresh fruit
- 2 cups milk (1%)
- $\frac{1}{2}$ cup vanilla yogurt
- Dash of nutmeg - optional
- 4 ice cubes



Combine all ingredients in a blender and process until smooth. Pour into 2 glasses. **Note:** Repeat process five times to serve 10 (1 cup) servings. One serving meets $\frac{3}{4}$ cup milk, 1 fruit/vegetable ($\frac{1}{2}$ cup) for 3-5 year olds.

	Per Serving		
Calories:	198	Protein (g):	9
Fat (g):	3	Sodium (mg):	127

• This recipe is a good source of Vitamin A.

Giant Blueberry Rounds

- 1½ cups enriched, whole grain flour
- 1½ cups all-purpose, enriched flour
- 1 cup sugar
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1 teaspoon vanilla
- 1 cup milk (1%)
- ¼ cup vegetable oil
- ½ cup frozen apple juice concentrate, thawed
- 1 cup blueberries, fresh or frozen and thawed

Preheat oven to 350°F. In a large mixing bowl, combine the flours with sugar, baking soda and powder. Pour in milk and blend together. Add oil, vanilla and juice concentrate. Stir to mix, then gently fold in berries. Drop batter by tablespoons onto a baking sheet. Bake until golden on top, about 20 minutes. Makes 10 giant biscuits. **Note:** These are very large; they will be as round as a cereal bowl. ½ round meets 1 bread/bread alternate for 3-5 year olds.

Per Serving			
Calories:	140	Protein (g):	3
Fat (g):	3	Sodium (mg):	87

*"The kids loved this
Breakfast Selection"*

Homemade Granola

- 6 cups oatmeal, uncooked
- 2 cups wheat germ, untoasted or toasted
- 2 cups coconut, sweetened or unsweetened
- 4 tablespoons cinnamon
- 4 tablespoons brown sugar
- ½ cup powdered milk
- ⅔ cup honey
- ⅔ cup oil
- 2 teaspoons vanilla

Mix all dry ingredients in a large mixing bowl. Add honey, oil and vanilla. Mix well, coating all dry ingredients. Place mixture on a jelly roll or cookie sheet. Toast at 250°F for 40 minutes or 300°F for 20 minutes, stirring several times. Watch closely! It will burn very quickly. Makes 22 (⅓ cup) servings. 1 serving meets 1 bread/bread alternate for 3-5 year olds.

Variation: Seeds, nuts, raisins or dates can be added after the mixture has cooled.

Per Serving			
Calories:	276	Protein (g):	7
Fat (g):	13	Sodium (mg):	14
• This is a good source of iron.			



Hot & Fruity Oatmeal

- 4½ cups water
- ¼ cup apple juice concentrate, thawed
- 3¼ cups rolled oats (not the quick kind)
- 1 cup diced fresh or canned fruit or ¼ cup dried fruit (bananas are suggested)
- 2 cups nonfat dry milk powder
- Pinch of cinnamon
- Jam sauce (below)

In a saucepan, combine water and apple juice concentrate and bring to a boil. Reduce to low heat, then add oats and cover. Simmer 5 minutes. Add fruit and cook for 5 more minutes. Add milk powder and cinnamon. Stir until milk powder is dissolved and ingredients are well combined. Cool and serve in a small bowl. Top with Jam Sauce. Makes 20 (¼ cup) servings. *1 serving meets 1 bread/bread alternate for 3-5 year olds*

Per Serving			
Calories:	87	Protein (g):	5
Fat (g):	1	Sodium (mg):	39

JAM SAUCE

- 1 cup unsweetened fruit jam (strawberry goes well with banana oatmeal)
- 2 cups water
- 1 teaspoon vanilla extract

In a small saucepan, combine jam and water. Stir and boil for 2 minutes. Remove from heat and add vanilla. Serve hot or cold on Hot and Fruity Oatmeal, French toast, pancakes, waffles or ice cream. Makes 4 cups.

"This sauce was also great on waffles & pancakes"

No-Flip Pancakes

- 1 large box pancake mix
(enough for 10 pancakes)

Preheat oven to 350°F. Prepare enough batter for 10 pancakes or waffles according to the directions on the box. Pour into a greased 9 x 13-inch pan or two 9-inch square pans and place in oven. Bake for 10 to 12 minutes - pancake is done when top feels firm. Cut into 2-inch squares and serve bottom-side up, with topping of choice. Makes 20 (2 inch) pancakes. *1 pancake meets 1 bread/bread alternate for 3-5 year olds.*

Per Serving			
Calories:	74	Protein (g):	1
Fat (g):	2	Sodium (mg):	264

"The children enjoyed cutting the pancakes into shapes with cookie cutters"



Each recipe does not by itself meet the Dietary Guidelines. Each recipe is part of weekly menus that do meet both the CACFP meal component requirements and the Dietary Guidelines when served as described in the menus. (See menu section for examples.)

Oatmeal Silver Dollars & Pear Sauce

1½ cups enriched, whole grain flour
 1 cup quick oatmeal (not instant)
 2 teaspoons baking powder
 ¼ teaspoon cinnamon
 ½ cup frozen apple juice concentrate,
 thawed
 1 cup milk (1%)
 2 eggs, slightly beaten
 Chunky Pear and Apple Sauce

In a mixing bowl, blend flour, oatmeal and baking powder. Stir in juice concentrate, milk and eggs. Mix well. Heat a nonstick or lightly buttered skillet over medium-high heat. For each pancake spoon 2 tablespoons batter onto skillet. When they begin to bubble, flip pancakes over and continue cooking until undersides are golden brown, about 2 minutes. Serve warm with Chunky Pear and Apple Sauce. Makes about 20 (2-inch) pancakes. *1 pancake meets 1 bread/bread alternate for 3-5 year olds.*

	Per Serving	
Calories:	61	Protein (g): 3
Fat (g):	1	Sodium (mg): 51



CHUNKY PEAR AND APPLE SAUCE

4 sm. apples, peeled, cored, chopped
 4 med. ripe pears, peeled, cored, quartered
 ½ cup water
 1 tablespoon lemon juice
 ¼ cup frozen apple juice concentrate,
 thawed
 ¼ teaspoon cinnamon
 ⅛ teaspoon mace
 ⅛ teaspoon nutmeg



Place all ingredients except the apples in a heavy saucepan. Bring to a boil over medium heat, then reduce to a simmer. After pears have begun to soften, add the apples. Cover and cook, stirring occasionally until reduced to a chunky sauce,

about 10 minutes. Remove from heat, cool and refrigerate until needed. Sauce can be frozen in ice cube trays. Keep frozen cubes in a plastic bag; remove one portion at a time. Defrost frozen cubes in the microwave or refrigerator before serving. Makes about 10 (½ cup) servings. *1 serving meets 1 fruit/vegetable (½ cup) for 3-5 year olds.*

	Per Serving	
Calories:	66	Protein (g): .3
Fat (g):	.4	Sodium (mg): 1



Peach Waffle Topping

- 32 ounces peaches, slices or halves, canned in juice
- 4 tablespoons honey
- 1 teaspoon cinnamon
- 4 teaspoons cornstarch
- 2 tablespoons water

In a blender, coarsely chop peaches with their juice. Combine peaches with honey and cinnamon in saucepan. Dissolve cornstarch in water; stir into peaches. Heat over medium heat until mixture boils and thickens, about 4 to 5 minutes. To serve, spoon $\frac{1}{3}$ cup peach mixture over each hot, toasted waffle or pancake. Makes 10 ($\frac{1}{4}$ -cup) servings. 1 serving meets $\frac{1}{2}$ fruit/vegetable ($\frac{1}{4}$ cup) for 3-5 year olds.

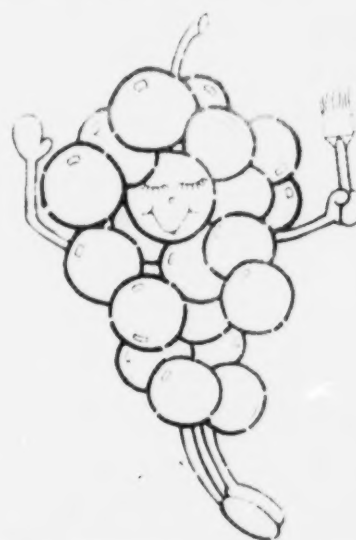
Per Serving			
Calories:	54	Protein (g):	.4
Fat (g):	Neg	Sodium (mg):	1

Warm Tropical Fruit Topping

- 8 ounces pineapple chunks in juice
- 24 ounces pineapple-orange banana juice
- 2 tablespoons cornstarch
- 2 firm, medium bananas, peeled and sliced
- 1 orange, peeled and sliced
- 2 cups seedless grapes

Drain juice from pineapple into small saucepan. Stir in pineapple-orange banana juice and cornstarch, blend until smooth. Bring mixture to a boil over medium-high heat, cook 3 minutes, stirring constantly. Turn off heat and carefully move saucepan to a cool burner. Combine pineapple, bananas, orange and grapes in a mixing bowl. When sauce cools to room temperature (about 15 minutes), stir in fruit. Spoon over pancakes. Topping can be used over frozen yogurt or waffles. Refrigerate unused sauce in an airtight container. Stays fresh for about 2 days. Heat before serving. Makes 10 ($\frac{1}{4}$ -cup) servings. 1 serving meets $\frac{1}{2}$ fruit/vegetable ($\frac{1}{4}$ cup) for 3-5 year olds.

Per Serving			
Calories:	102	Protein (g):	1
Fat (g):	.4	Sodium (mg):	2
A good source of Vitamin C.			



Each recipe does not by itself meet the Dietary Guidelines. Each recipe is part of weekly menus that do meet both the CACFP meal component requirements and the Dietary Guidelines when served as described in the menus. (See menu section for examples.)

William Tell Pancakes

- 1½ cup enriched, whole grain flour
- 1½ cup all-purpose, enriched flour
- 3 teaspoons baking powder
- 1 egg
- 1 cup milk (1%)
- 2 tablespoons vegetable oil or melted margarine
- 2 tablespoons frozen apple juice concentrate, thawed
- ¾ cup applesauce
- Vegetable spray

Combine all ingredients in a mixing bowl and mix until smooth. Coat a griddle with vegetable spray; heat to medium-high. Reduce to medium heat, then spoon 1½ tablespoons batter onto hot griddle, making 2-inch pancakes. Heat until surface bubbles and bottoms are golden brown. Flip and brown the remaining side. Cool slightly before serving. Try topped with applesauce. Makes 20 (2-inch) pancakes. *1 pancake meets 1 bread/bread alternate for 3-5 year olds.*

	Per Serving	
Calories:	71	Protein (g): 2
Fat (g):	2	Sodium (mg): 67

"These were very good"

Zucchini Bread

- ½ cup raisins
- ¼ cup unsweetened apple juice concentrate
- 1 egg
- ¼ cup vegetable oil
- 1 ripe banana, sliced
- 1 teaspoon vanilla
- 1 cup enriched, whole grain flour
- 1 cup all-purpose, enriched flour
- ½ teaspoon baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ½ cup shredded zucchini

Heat raisins and apple juice concentrate in a saucepan until raisins are soft, about 3 minutes. Puree raisins and juice in a blender. Add egg, vegetable oil, banana and vanilla to blender and mix. In a large bowl, stir dry ingredients together. Shred zucchini in a food processor or with a grater. Add blender ingredients and zucchini. Mix all ingredients and pour into greased and floured 9 x 5-inch loaf pan. Bake 50 to 60 minutes at 350°F. To make muffins, pour batter into prepared muffin tins and bake at 350°F for 30 to 40 minutes. Makes 12 muffins. *½ muffin or ½ slice meets 1 bread/bread alternate for 3-5 year olds.*

	Per Serving	
Calories:	75	Protein (g): 2
Fat (g):	3	Sodium (mg): 68

"It was another hit - they loved it!"

LUNCH RECIPES

Food items must be used in the combinations shown in the menus to meet the meal component requirements of the CACFP.

*Special Note: The CACFP Meal Pattern (Appendix A) specifies that 2 different fruit/vegetable (F/V) food items are required to meet the fruit/vegetable component and must be served at the lunch meal. In many cases the recipes in this section provide 1 F/V food item. Remember that this is only 1 of the 2 F/V food items required for lunch. The second F/V food item must be supplied by another item included in the menu cycle. Refer to the menu section of this guide for examples.

Apple Coleslaw

- 1 apple, grated
- 1 small head of cabbage, shredded
- $\frac{1}{4}$ cup mayonnaise
- $\frac{1}{4}$ cup milk (1%)
- 1 teaspoon lemon juice

Place apple and cabbage in a large bowl. Mix mayonnaise, milk and lemon juice together. Add to cabbage mixture and toss until combined. Makes 15 ($\frac{1}{2}$ -cup) servings. *1 serving meets 1 fruit/vegetable ($\frac{1}{2}$ cup) for 3-5 year olds.*

	Per Serving	
Calories:	37	Protein (g): .8
Fat (g):	2	Sodium (mg): 34

• A good source of Vitamin C.

Apple Tuna Sandwich

- 30 ounces tuna in water, drained
- 3 small apples, chopped
- $\frac{3}{4}$ cup low-fat vanilla yogurt
- 3 teaspoons prepared mustard
- 3 teaspoons honey
- 10 slices whole wheat bread
- 10 lettuce leaves (optional)

Combine tuna, apple, yogurt, mustard and honey. Spread $\frac{1}{2}$ cup of mixture on 5 bread slices. Top each with remaining slices of bread and lettuce if desired. Place on cutting board and cut in half. *$\frac{1}{2}$ sandwich meets 1 bread/bread alternate, and 1 meat/meat alternate (1.5 ounces) for 3-5 year olds.*

	Per Serving	
Calories:	225	Protein (g): 29
Fat (g):	2	Sodium (mg): 483

• This recipe is a good source of iron.

Baked Beans and Noodles

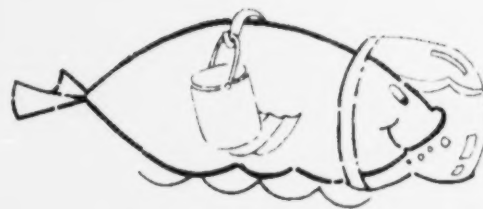
- 9 ounces uncooked noodles (any type)
- 2 cans (8 ounces each) tomato sauce
- $1\frac{1}{2}$ teaspoons Italian seasoning
- $\frac{1}{2}$ teaspoon garlic powder
- 1 egg
- $1\frac{1}{2}$ cups low-fat cottage cheese or low-fat ricotta cheese
- 1 can (16 ounces) kidney beans, drained
- $\frac{1}{2}$ cup grated Cheddar cheese



Boil noodles, drain. Mix noodles, tomato sauce and seasoning. Beat egg with cottage or ricotta cheese and stir into noodles. Salt to taste. Spread $\frac{1}{2}$ of the noodle mixture on bottom of a 13 x 9-inch pan and spoon beans over noodle mixture, then cover with remaining noodles. Top with cheese, cover with foil and bake 20 minutes in 350°F oven. Let stand covered for a few minutes before serving. Makes 11 ($\frac{2}{3}$ cup) servings. *1 serving meets 1 meat/meat alternate (1.5 ounces) and 1 bread/bread alternate for 3-5 year olds.*

	Per Serving	
Calories:	200	Protein (g): 13
Fat (g):	4	Sodium (mg): 611

• This recipe is a good source of iron.



Beef Barley Stew

- 2 pounds lean ground beef
- $\frac{1}{2}$ cup (about 1 medium) onion, chopped
- 5 cups beef broth
- $\frac{2}{3}$ cup uncooked barley
- 2 teaspoons fresh oregano or $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 16 ounces crushed canned tomatoes, undrained
- 8 ounces sliced carrots, fresh or frozen
- 10 ounces frozen mixed vegetables

Heat oven to 350°F. Cook ground beef and onion in a skillet over medium heat, stirring occasionally, until beef is brown; drain. Mix beef and remaining ingredients except frozen mixed vegetables in a 3-quart casserole. Cover and bake 30 minutes. Stir in mixed vegetables. Cover and bake 30 to 40 minutes longer or until barley is done. Makes 13 ($\frac{3}{4}$ -cup) servings. 1 serving meets 1 meat/meat alternate (1.5 ounces) and 1 fruit/vegetable ($\frac{1}{2}$ cup) for 3-5 year olds.

Per Serving			
Calories:	207	Protein (g):	18
Fat (g):	8	Sodium (mg):	392
☛ This recipe is a good source of iron and Vitamin A.			

Note: This recipe could be prepared the night before and served the next day.

"This was excellent"

Beef Stew

- 2 pounds boneless beef, cut in pieces for stew
- 6 medium carrots, washed and cut into chunks
- 5 medium potatoes, peeled and halved
- 1 large onion, peeled and cut into chunks
- 2 stalks celery, cut in 1-inch pieces
- 1 teaspoon sugar
- 1 teaspoon powdered ginger (optional)
- $\frac{1}{2}$ cup soy sauce or to taste
- 1 can (10 $\frac{3}{4}$ ounces) tomato soup
- $\frac{1}{2}$ soup can of water
- 8 ounces frozen peas

Preheat oven to 300°F. Place beef in casserole dish. Add carrots, potatoes, onion and celery. Combine sugar, ginger, soy sauce, tomato soup and water. Pour over stew. Stir and cover casserole tightly. Bake 3 hours. Add frozen peas 5 minutes before removing from oven. Makes 13 ($\frac{3}{4}$ -cup) servings. 1 serving meets 1 meat/meat alternate (1.5 ounces) and 1 fruit/vegetable ($\frac{1}{2}$ cup) for 3-5 year olds.

Per Serving			
Calories:	245	Protein (g):	14
Fat (g):	12	Sodium (mg):	858
☛ This recipe is a good source of iron, Vitamins A and Vitamin C.			

"All the children brought in vegetables and helped prepare this as a group. We prepared it one day and ate it the next. The children were eager to try it since they made it themselves and were real impressed with themselves for making it."

Each recipe does not by itself meet the Dietary Guidelines. Each recipe is part of weekly menus that do meet both the CACFP meal component requirements and the Dietary Guidelines when served as described in the menus. (See menu section for examples.)

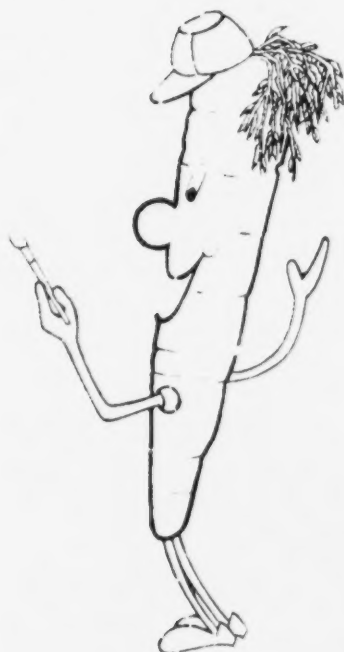
Carrot & Raisin Salad

- 5½ cups shredded carrots (about 2 pounds)
- 1 cup raisins
- 16 ounces low-fat vanilla yogurt
- 10 lettuce leaves

Combine all ingredients except lettuce leaves in a mixing bowl. Cover with plastic wrap and refrigerate for 15 minutes. Toss again before serving. Serve on lettuce leaves or in a pita pocket. Makes 15 (½-cup) servings. *1 serving of Carrot Raisin Salad meets 1 fruit/vegetable (½ cup) for 3-5 year olds.*

	Per Serving	
Calories:	88	Protein (g): 2
Fat (g):	.5	Sodium (mg): 42

☛ This recipe is a good source of Vitamin A.



Chicken Nuggets & Dipping Sauce

SAUCE

- 8 ounces sliced or crushed pineapple in juice
- 1 tablespoon cornstarch
- ¼ cup pineapple-orange juice
- ¼ cup barbecue sauce

CHICKEN NUGGETS

- 2 eggs
- 4 tablespoons milk (1%)
- 7 cups crushed corn flakes
- 3 pounds boneless, skinless chicken breasts, cut into 24 (2 inch x 2 inch) pieces

Prepare dipping sauce. Pour undrained pineapple into blender. Secure lid and process until a thick puree. Pour pineapple into a saucepan and add cornstarch; blend. Add pineapple-orange juice and barbecue sauce; blend. Bring to a boil and reduce heat. Simmer, stirring until sauce thickens, about 3 minutes. Remove from heat and set aside. Prepare chicken nuggets. Preheat oven to 400°. Whisk eggs and milk together in a small mixing bowl. Place corn flakes in a plastic bag. Dip chicken pieces in egg mixture, then shake in plastic bag with corn flakes to coat. Put coated chicken on a greased baking sheet. Bake 15 minutes. Serve nuggets with warm pineapple-orange dipping sauce. Makes about 24 one-ounce nuggets. Serves 12 children, two nuggets each. *2 nuggets meet 1 meat/meat alternate (1.5 ounces) for 3-5 year olds.*

Per Serving (Nuggets only)

Calories:	210	Protein (g):	26
Fat (g):	4	Sodium (mg):	238

☛ This recipe is a good source of iron.

Per Serving (Sauce only)

Calories:	26	Protein (g):	.2
Fat (g):	.1	Sodium (mg):	51

☛ Combined, these two recipes are a good source of iron, Vitamins C and A.

Recipes identified as good sources of Vitamin A and C are at least 25% of RDA for 4-6 year olds. Recipes high in iron > 1 mg per 1.5 ounce serving. Recipes must be served as described in the menu cycles to meet CACFP meal component requirements.

Chicken-Vegetable Soup

- 4 cups chicken broth
- 5 cups cooked chicken or turkey, cubed
(2½ pounds raw chicken or turkey)
- 2 cups cauliflower, cut into small pieces*
- 2 cups green beans, cut into pieces*
- 1 teaspoon fresh tarragon or ½ teaspoon
dried tarragon (optional)
- ⅛ teaspoon pepper
- 8 small new potatoes, chopped into fourths
- 2 medium carrots, sliced

Heat all ingredients to boiling; reduce heat. Cover and simmer 20 to 30 minutes, stirring occasionally, until vegetables are crisp-tender. Makes 11 (⅔ cup) servings. 1 serving meets 1 meat/meat alternate (1.5 ounces) and 1 fruit/vegetable (½ cup) for 3-5 year olds.

*2 cups frozen cauliflower and 2 cups frozen, cut green beans can be substituted for the fresh cauliflower and green beans (do not thaw).

Per Serving			
Calories:	160	Protein (g):	14
Fat (g):	3	Sodium (mg):	321
◆ This recipe is a good source of iron, Vitamins C and A.			



Chinese Vegetable Stir-fry

STIR-FRY VEGETABLES

- 8 teaspoons vegetable oil
- 2 cups broccoli florets
- 2 cups carrots, sliced
- 1 cup cauliflower florets
- 1 cup celery, sliced
- 1 cup red bell pepper, chunked
- 1 cup sugar peas, stems removed

SWEET-N-SOUR SAUCE

- 1½ cups pineapple juice
- 2 tablespoons sugar
- 2 tablespoons lemon juice
- 3 teaspoons cornstarch
- 2 teaspoons light soy sauce

Combine the ingredients for Sweet-N-Sour sauce in a mixing bowl. Heat oil in a skillet over medium high heat. Add broccoli, carrots, cauliflower and celery, cook 4 minutes. Add bell pepper and sugar peas, cook 4 minutes. Add Sweet-N-Sour sauce, bring to a boil and cook 2 minutes, covered. Serve vegetables while hot. Makes 15 (½-cup) servings. 1 serving meets 1 fruit/vegetable (½ cup) for 3-5 year olds.

Per Serving			
Calories:	63	Protein (g):	1
Fat (g):	3	Sodium (mg):	45
◆ This recipe is a good source of Vitamins C and A.			

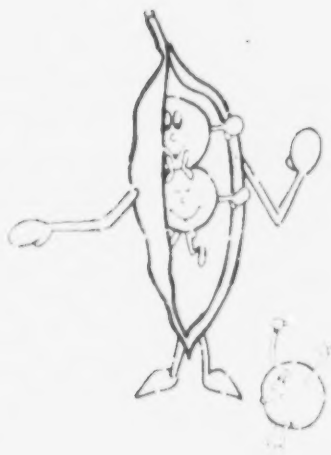
Each recipe does not by itself meet the Dietary Guidelines. Each recipe is part of weekly menus that do meet both the CACFP meal component requirements and the Dietary Guidelines when served as described in the menus. (See menu section for examples.)

Crispy Winter Vegetable Salad

- 4 cups broccoli florets
- 2 large carrots, peeled and sliced thin
- 1 red bell pepper, seeded and sliced thin
- 2 stalks celery, sliced thin
- 8 ounces fat-free Italian salad dressing
- 1 head lettuce, chopped or torn into pieces

Combine broccoli, carrots, red pepper and celery with salad dressing; toss. Cover with plastic wrap and refrigerate for at least 15 minutes. Toss with lettuce before serving. Makes 15 ($\frac{1}{2}$ -cup) servings. 1 serving meets 1 fruit/vegetable ($\frac{1}{2}$ cup) for 3-5 year olds.

Per Serving			
Calories:	37	Protein (g):	1
Fat (g):	2	Sodium (mg):	145
☛ The recipe a good source of Vitamin A and Vitamin C.			



Dogs in Blankets

- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon baking powder
- 2 cups all-purpose, enriched flour
- 5 tablespoons vegetable shortening
- 2 to 4 tablespoons cold water
- $\frac{1}{4}$ cup shredded Cheddar cheese
- 10 (2-ounce) hot dogs (8 per pound)

Stir dry ingredients together in a bowl. Cut in vegetable shortening and add 2 tablespoons of water. Stir mixture with a fork, adding more water only as necessary to work in flour. (Do not add more than 4 tablespoons.) Add cheese and knead together. Roll out dough like a pie crust. Cut dough into strips. Wrap each pie crust strip around a hot dog. Bake at 350°F until crust is lightly brown. Makes 10 hot dogs. 1 serving meets 1 meat/meat alternate (1.5 ounces) and 1 bread/bread alternate for 3-5 year olds.

Per Serving			
Calories:	342	Protein (g):	10
Fat (g):	24	Sodium (mg):	729
☛ A good source of iron and Vitamin C.			

Note: The cheese dough could be replaced with ready made bisquit or crescent roll dough.

"The kids loved these!"

Recipes identified as good sources of Vitamin A and C are at least 25% of RDA for 4-6 year olds. Recipes high in iron > 1 mg per 1.5 ounce serving. Recipes must be served as described in the menu cycles to meet CACFP meal component requirements.

Fancy Baked Potatoes (Microwave)

5 large potatoes, cut in half lengthwise

5 tablespoons margarine

Golden Cheese Topping (below)

Prepare topping. Wash potatoes and cut in half lengthwise. Cut an X about 1 inch deep in the flat side of each potato. Place margarine in a baking dish and microwave for 60 seconds to melt. Place potatoes in baking dish flat side down, cover with vented plastic wrap and microwave for 7 minutes on HIGH. Turn potatoes over after 7 minutes and microwave for another 7 minutes on HIGH. Potatoes are done when they are tender. Sprinkle with 1 to 2 tablespoons of topping and microwave uncovered at full power (HIGH) for 4 minutes or until topping is heated through. Makes 20 servings. $\frac{1}{4}$ potato meets 1 fruit/vegetable for 3-5 year olds.

	Per Serving	
Calories:	94	Protein (g): 2
Fat (g):	4	Sodium (mg): 115

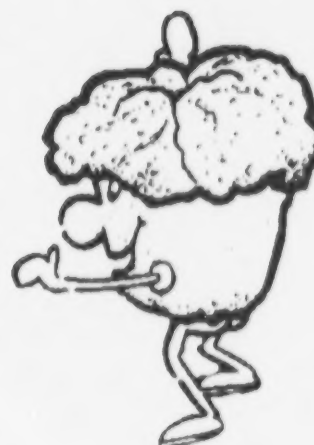
GOLDEN CHEESE TOPPING

10 tablespoons shredded carrot

10 tablespoons shredded cheese

3 teaspoons salad seasonings (purchase in spice section of grocery store)

Combine all ingredients. *Does not fulfill a meal component.*



Green Eggs and Ham

3 tablespoons margarine

3 tablespoons scallion tops, chopped (optional)

3 tablespoons green pepper, chopped (optional)

2½ cups fresh spinach, chopped

¼ cup chopped ham

10 eggs, large

Melt margarine in skillet. Sauté scallions, pepper, spinach and ham until soft. Blend the eggs and the milk. Add to ingredients in skillet. Stir constantly until eggs are set. Eggs may be spooned into pita pockets if desired. Makes 10 ($\frac{1}{2}$ cup) servings. 1 serving meets 1 meat/meat alternate (1.5 ounces) for 3-5 year olds.

	Per Serving	
Calories:	124	Protein (g): 6
Fat (g):	9	Sodium (mg): 207

☛ This recipe is a good source of iron and Vitamin A.

"Everyone loved this one!"

"All the children asked for seconds"

Each recipe does not by itself meet the Dietary Guidelines. Each recipe is part of weekly menus that do meet both the CACFP meal component requirements and the Dietary Guidelines when served as described in the menus. (See menu section for examples.)

On the Run Pizza



French bread, English muffin, flour tortilla, or pita bread split in half
2 tablespoons Instant Pizza Sauce (below)
1 1/4 pounds mozzarella cheese

Spread instant pizza sauce over bread. Cover with 4 tablespoons cheese and desired toppings. Bake at

425°F until bubbly. Makes 13 servings. 1/2 muffin, tortilla, pita or slice of French bread meets 1 bread/bread alternate and the cheese meets 1 meat/meat alternate (1.5 ounces) for 3-5 year olds.

Per Serving			
Calories:	234	Protein (g):	16
Fat (g):	8	Sodium (mg):	597

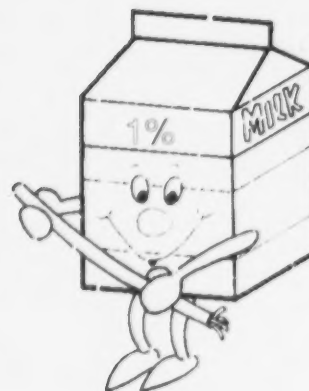
☛ This recipe is a good source of iron.

INSTANT PIZZA SAUCE

2 cups crushed tomatoes
1/4 teaspoon garlic powder
1 teaspoon basil
1 1/2 teaspoons oregano
1/2 teaspoon salt
1/4 teaspoon pepper

Stir all ingredients together. Allow to stand at least 1 hour.

"Very easy to prepare and the kids loved it"



One-Pot Mac 'n' Cheese

9 ounces uncooked macaroni
2 cups milk (1%)
1 1/2 tablespoons cornstarch
3/4 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon dry mustard
1/4 teaspoon paprika
1 1/4 pounds (20 ounces) sharp Cheddar cheese, shredded

Cook macaroni according to directions. While macaroni is cooking, combine milk and dry ingredients in a jar and shake well. When macaroni is tender, drain it and return to pan. Add milk mixture and stir gently over medium heat until sauce thickens. Add cheese and stir until melted. Serve. Makes 13 (2/3-cup) servings. 1 serving meets 1 bread/bread alternate and 1 meat/meat alternate (1.5 ounces) for 3-5 year olds.

Per Serving			
Calories:	263	Protein (g):	15
Fat (g):	16	Sodium (mg):	497

☛ This recipe is a good source of iron.

Recipes identified as good sources of Vitamin A and C are at least 25% of RDA for 4-6 year olds. Recipes high in iron > 1 mg per 1.5 ounce serving. Recipes must be served as described in the menu cycles to meet CACFP meal component requirements.

Pasta Salad

- 10 ounces uncooked pasta spirals or shells
- 52 ounces canned kidney beans, drained
(or any variety of beans)
- 5 cups cooked vegetables, diced
(broccoli, carrots, or green beans)
- 6 tablespoons oil
- 3 tablespoons vinegar
- 1 tablespoon soy sauce
- $\frac{1}{3}$ cup Parmesan cheese

Combine oil, vinegar and soy sauce in a large serving bowl. Add cooled, cooked pasta, beans and vegetables and mix well. Cool in refrigerator. Add Parmesan cheese just before serving.

Makes 11 ($\frac{2}{3}$ -cup) servings. 1 serving meets
1 bread/bread alternate, 1 fruit/vegetable ($\frac{1}{2}$ cup),
1 meat/meat alternate (1.5 ounces) for 3-5 year olds.

Note: 32 ounces beans and 10 ounces mozzarella cheese can be substituted to satisfy the meat/meat alternate component. This will change the nutrition information by increasing the fat.

Per Serving			
Calories:	370	Protein (g):	18
Fat (g):	9	Sodium (mg):	584

☛ This recipe is a good source of iron and Vitamins C and A.



Rice & Apples

- $1\frac{1}{4}$ cups uncooked instant rice
- $1\frac{1}{4}$ cups water
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons margarine
- 3 cups apple, finely diced

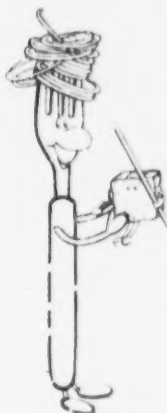
Bring water, apple, salt, and margarine to a boil. Stir in rice. Cover, remove from heat, and let stand for 5 minutes. Fluff the rice with a fork before serving. Makes 10 ($\frac{1}{2}$ -cup) servings.
1 serving meets 1 bread/bread alternate ($\frac{1}{4}$ cup) for 3-5 year olds.

Per Serving			
Calories:	193	Protein (g):	3
Fat (g):	3	Sodium (mg):	238

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Spaghetti & Meat Sauce (Microwave)

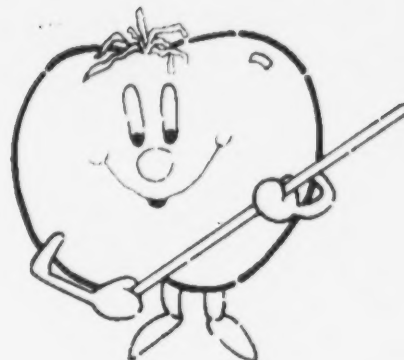
- 1½ pound lean ground beef
- 1 cup chopped onion
- ½ cup chopped green pepper
- 16 ounces canned tomatoes, cut into pieces
- 8 ounces tomato sauce
- 6 ounces tomato paste
- ¼ cup water
- 2 teaspoons dried oregano
- 1 teaspoon basil
- 1 tablespoon Worcestershire sauce
- 5 cups cooked enriched spaghetti
(10 ounces uncooked spaghetti)



Crumble meat into a 3-quart casserole. Add onion and green pepper. Cover with waxed paper. Microwave at full power (HIGH) for 5 to 6 minutes or until meat is browned, stirring twice. Pour off juices. Stir in tomatoes, tomato sauce, tomato paste, water, oregano, basil and Worcestershire sauce. Cover. Microwave at full power (HIGH) for 10 minutes or until boiling. Stir well. Microwave at 30% (MEDIUM LOW) for 45 minutes or until sauce reaches desired thickness, stirring occasionally. Cook spaghetti and drain. Serve over ½ cup hot cooked spaghetti. Makes 15 (⅓-cup) servings of sauce. 1 serving meets 1 meat/meat alternate (1.5 ounces), 1 bread/bread alternate and ½ fruit/vegetable (¼ cup) for 3-5 year olds.

Per Serving			
Calories:	177	Protein (g):	12
Fat (g):	6	Sodium (mg):	328

☛ This recipe is a good source of iron and Vitamin C.



Spinach Cakes

- 1 package (29 ounces) frozen chopped spinach
- 1 onion, chopped
- 2 tablespoons margarine
- ½ cup dry bread crumbs
- 4 eggs, beaten
- Salt & pepper (optional)

Cook and drain spinach. While spinach is cooling, sauté chopped onions in margarine for 4 to 5 minutes. Combine spinach and onions in a bowl with bread crumbs. Season with salt and pepper (optional) and add eggs. Drop spoonfuls (about ⅓ cup) of mixture into a hot greased frying pan and cook on both sides until lightly browned. Makes about 10 cakes. 1 cake meets ½ fruit/vegetable (¼ cup) for 3-5 year olds

Per Serving			
Calories:	70	Protein (g):	4
Fat (g):	4	Sodium (mg):	165

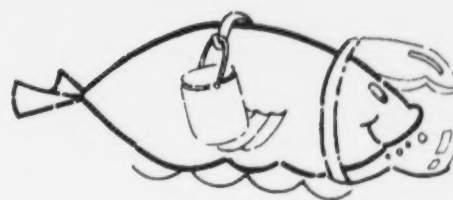
☛ This recipe is a good source of iron and Vitamin A.

Taco Bake

- 1 pound lean ground beef
- 1 cup chopped onion
- 2 tablespoons chili powder
- $\frac{1}{4}$ teaspoon garlic powder
- 1 can (10 $\frac{1}{2}$ ounces) condensed tomato soup
- 1 can (16 ounces) kidney beans, undrained
- 4 teaspoons vinegar
- 10 12-inch enriched or whole grain taco shells, broken into pieces
- 1 cup shredded Cheddar cheese
- 2 cups shredded lettuce
- 1 cup chopped tomato
- $\frac{1}{2}$ cup chopped green onion

Preheat oven to 375°F. In a large skillet, cook beef and onion with chili powder and garlic powder until beef is browned and onion is tender; stir to separate meat. Drain off fat. Stir in soup, beans and vinegar. Heat to boiling. Reduce to low heat; simmer 10 minutes, stirring occasionally. In a greased 13 x 9-inch baking dish, layer $\frac{1}{2}$ of the taco shells, $\frac{1}{2}$ of the meat mixture, and $\frac{1}{2}$ cheese. Repeat layers. Bake 10 minutes or until heated through. Top with lettuce, tomato and green onion. Makes 15 ($\frac{1}{4}$ cup) servings. 1 serving meets 1 meat/meat alternate (1.5 ounces), 1 fruit/vegetable ($\frac{1}{2}$ cup), and 1 bread/bread alternate for 3-5 year olds.

Per Serving			
Calories:	212	Protein (g):	12
Fat (g):	9	Sodium (mg):	346
☛ This recipe is a good source of Iron and Vitamin C.			



Tuna Cakes

- 4 $6\frac{1}{2}$ - ounce cans tuna, canned in water
- 2 medium zucchini, shredded (about 2 cups)
- 3 cups bread crumbs
- 4 eggs, large, beaten
- 4 teaspoons grated onion
- 2 teaspoons lemon juice
- 4 tablespoons oil

Drain tuna. Shred zucchini in a food processor or with a grater and pat dry. Combine tuna, zucchini, bread crumbs, eggs, onion and lemon juice. Form about $\frac{1}{2}$ cup tuna mixture into patties. Heat oil in skillet over medium-high heat. Cook 4 to 5 minutes per side. Makes 13 (2.25-ounce) cakes. 1 cake meets 1 meat/meat alternate (1.5 ounces) for 3-5 year olds.

Per Serving			
Calories:	253	Protein (g):	20
Fat (g):	11	Sodium (mg):	372
☛ This recipe is a good source of Iron			

"It was delicious!"

Each recipe does not by itself meet the Dietary Guidelines. Each recipe is part of weekly menus that do meet both the CACFP meal component requirements and the Dietary Guidelines when served as described in the menus. (See menu section for examples.)

Tuna Casserole

- 9 ounces uncooked noodles
- 3 6½-ounce cans tuna, canned in water
- 1 cup (4 ounces) cheese (any variety), shredded
- 2 cans (10½ ounces each) mushroom soup
- 12 ounces canned peas, drained
- ½ cup milk (1%)
- Bread crumbs
- Salt & pepper to taste

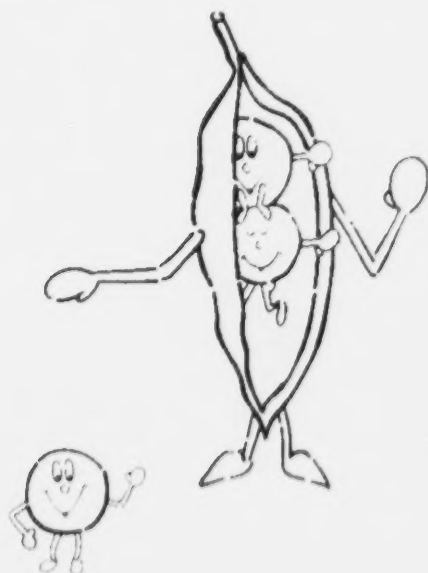


Combine all ingredients except bread crumbs in a 13 x 9-inch pan. Sprinkle bread crumbs over tuna mixture. Bake uncovered 20 to 30 minutes at 350°F. Makes 11 (⅔-cup) servings. 1 serving meets 1 bread/bread alternate, 1 meat/meat alternate (1.5 ounces) for 3-5 year olds.

	Per Serving		
Calories:	306	Protein (g):	22
Fat (g):	13	Sodium (mg):	916

☛ This recipe is a good source of iron.

"The kids really enjoyed this"



Vegetable Pasta Italiano

- 2 pounds ground turkey
- 1 red pepper, seeded and thinly sliced
- 1 tablespoon paprika
- 15 ounces canned crushed tomatoes
- 15 ounces reduced-sodium chicken broth
- 9 ounces uncooked bow-tie pasta
- 2 cups cauliflower florets, washed
- 2 cups broccoli florets, washed
- 2 cups sliced carrots

SAVORY TOPPING - OPTIONAL

- ½ bunch parsley
- ¼ cup seasoned bread crumbs
- ¼ cup grated Parmesan cheese

Crumble ground turkey into a skillet. Brown over medium-high heat for 4 minutes, stirring occasionally. Add red pepper strips and paprika; cook 2 more minutes. Add crushed tomatoes, chicken broth and uncooked pasta to the skillet. Bring mixture to a boil, reduce heat, cover and simmer 15 minutes. Remove lid and arrange broccoli and cauliflower over the pasta. Replace lid and continue cooking for 10 minutes. If desired, prepare the savory topping. Pull leaves from parsley stems and combine with bread crumbs and grated cheese; toss. Sprinkle topping over vegetables in skillet. Let stand for 3 minutes before serving. Makes 11 (⅔-cup) servings. 1 serving meets 1 meat/meat alternate (1.5 ounces), 1 fruit/vegetable (⅓ cup), 1 bread/bread alternate for 3-5 year olds.

	Per Serving		
Calories:	288	Protein (g):	23
Fat (g):	10	Sodium (mg):	190

☛ This recipe is a good source of iron and Vitamins A and C.

Vegetable Pita Pockets/Burritos

- 3 cups lettuce
- 1 cup shredded carrot
- $\frac{1}{2}$ cup onions, chopped
- 1 cup zucchini or cucumber, chopped
- $\frac{1}{4}$ cup sunflower kernels
- $\frac{1}{2}$ cup ranch salad dressing
- 10-1 ounce slices cheese (American, Cheddar, Mozzarella)
- 1 cup broccoli, chopped
- 1 cup cauliflower, chopped
- 1 teaspoon chili powder (For burritos only)
- 10-8 inch flour tortillas or 5-8 inch pita pockets cut in half



In a mixing bowl, combine lettuce, carrot, zucchini or cucumber, broccoli, cauliflower, sunflower kernels and ranch dressing. Mix well. For pitas, place cheese slices inside bread and top with vegetable mixture. For burritos, lay tortillas flat. Place cheese on top of tortilla and spoon about $\frac{1}{2}$ cup vegetable mixture on the cheese slice. Wrap each tortilla around the vegetable mixture. Makes 20 servings. $\frac{1}{2}$ tortilla or pita meets 1 bread/bread alternate, 1 fruit/vegetable ($\frac{1}{2}$ cup) and $\frac{2}{3}$ meat/meat alternate (1 ounce) for 3-5 year olds.

	Per Serving	
Calories:	140	Protein (g): 5
Fat (g):	9	Sodium (mg): 333

☛ This recipe is a good source of iron.

Vegetable Soup

- 1 teaspoon vegetable oil
- $\frac{1}{2}$ cup chopped onion
- 1 clove garlic, chopped
- 29 ounces reduced-salt chicken broth
- 32 ounces crushed tomatoes
- $\frac{1}{3}$ cup alphabet pasta
- $\frac{1}{2}$ cup parsley
- 2 cups chopped broccoli
- 2 cups chopped carrots
- 2 cups sliced celery
- Salt and pepper to taste
- 2 tablespoons grated Parmesan cheese (optional)

Heat oil in a saucepan over medium heat. Add onion and garlic and cook until the onion is soft, about 2 minutes, stirring occasionally. Add chicken broth, tomatoes, pasta and parsley to the saucepan. Bring the liquid to a boil, reduce heat, and simmer for 10 minutes. Add broccoli, carrots and celery to soup; cook 10 minutes. Add salt and pepper to taste. Ladle soup into serving bowl and sprinkle with Parmesan cheese. Makes 15 ($\frac{2}{3}$ -cup) servings.

1 serving meets 1 fruit/vegetable ($\frac{1}{2}$ cup) for 3-5 year olds.

	Per Serving	
Calories:	50	Protein (g): 3
Fat (g):	1	Sodium (mg): 194
☛ This recipe is a good source of Vitamins A and C.		



Each recipe does not by itself meet the Dietary Guidelines. Each recipe is part of weekly menus that do meet both the CACFP meal component requirements and the Dietary Guidelines when served as described in the menus. (See menu section for examples.)

SNACK RECIPES

Food items must be used in the combinations shown in the menus to meet the meal component requirements of the CACFP.

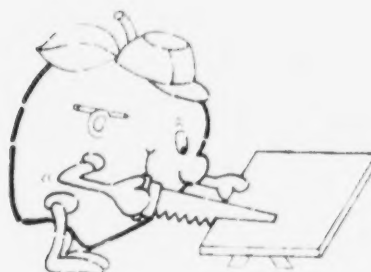
Homemade Applesauce

15 med. apples, unpeeled
6 tablespoons honey*
2 teaspoons cinnamon
Water

Core and chop apples. Boil in $\frac{1}{2}$ inch of water. Add honey*, boil and stir. Sprinkle with cinnamon and eat. Makes 15 ($\frac{1}{2}$ -cup) servings. 1 serving meets 1 fruit/vegetable ($\frac{1}{2}$ cup) for 3-5 year olds.

	Per Serving	
Calories:	81	Protein (g): .2
Fat (g):	.4	Sodium (mg): 0

*Honey should not be given to or used in foods for infants less than one year of age because it can cause infant botulism.



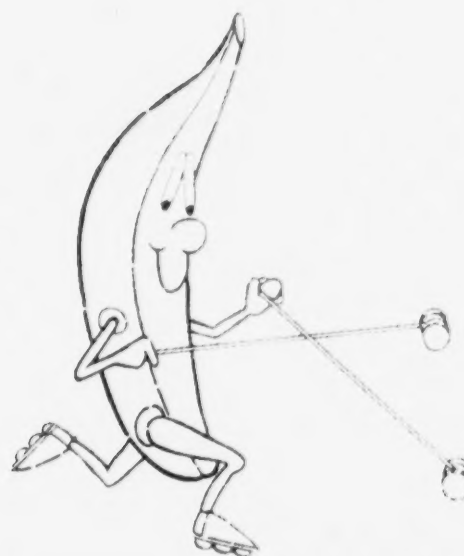
Banana Crunch Pops

8 ounces yogurt (any flavor)
30 wooden sticks
10 medium bananas, peeled and cut into 3 pieces each
1 $\frac{1}{2}$ cups granola†, crisp rice cereal, crushed graham crackers or Grape Nuts® cereal

Place yogurt and cereal in separate shallow dishes. Insert a wooden stick into each banana piece. Roll banana pieces in yogurt then in cereal, thoroughly covering each piece. Place bananas on a baking sheet lined with wax paper. Place in freezer. When frozen, wrap each in freezer wrap and label. Store in freezer. Let stand at room temperature for 10 minutes before serving. Makes 15 servings (2 banana sections per child). 2 sections meets 1 fruit/vegetable ($\frac{1}{2}$ cup) for snack only for 3-5 year olds.

	Per Serving	
Calories:	152	Protein (g): 4
Fat (g):	4	Sodium (mg): 18

†See recipe index.



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Cheese-Wheat Snacks

7½ cups bite-sized shredded wheat
5 tablespoons margarine, melted
Parmesan cheese, grated
Salt

Place shredded wheat in a bowl; pour on melted margarine. Sprinkle with grated cheese and add salt to taste.

Stir ingredients together and

place on a cookie sheet. Bake for 5 minutes at 350°F. Serve warm or cold. Makes 15 (½ cup) servings. 1 serving meets 1 bread/bread alternate for snack only for 3-5 year olds.



Per Serving			
Calories:	118	Protein (g):	3
Fat (g):	5	Sodium (mg):	115

"This was a huge hit. One child asked me to give the recipe to his Mom"

Frozen Waffle Treat

1 12-ounce box
(48 frozen mini-waffles each)
8 ounces fruit-flavored yogurt

Spread yogurt on one waffle. Use just enough yogurt to cover the top of 24 waffles (about 2 teaspoons). Then top each waffle with another waffle, making a sandwich. Place in individual sandwich bags, mark with child's name, and freeze until firm. Makes 24 mini-waffle sandwiches. 1 mini-waffle sandwiches meets 1 bread/bread alternate for snack only for 3-5 year olds.

Per Serving			
Calories:	58	Protein (g):	2
Fat (g):	1	Sodium (mg):	163

"Very simple - Kids loved it - Good Idea"

Fruit Dip

2 cups low-fat vanilla yogurt
2 tablespoons orange juice
concentrate*

Mix together. Use as a dip for pieces of raw fruit—peaches, strawberries, kiwi, bananas. Makes about 2 cups. *Does not fulfill a meal component.*

* Also try grapefruit, tangerine, lemonade or limeade.

Per Serving			
(1/4 cup serving)			
Calories:	51	Protein (g):	2
Fat (g):	.5	Sodium (mg):	29

Granola Bars

7½ cups Homemade Granolat
or granola cereal
5 eggs

Preheat oven to 450°F. Prepare a 13 x 9-inch pan or two 8-inch square pans with vegetable oil or nonstick spray. Beat eggs. Stir cereal into the eggs. Pour into pan. Bake at 350°F for 20 to 30 minutes. While still warm, cut into bars or shapes with cookie cutters and gently loosen from bottom of pan. If not sweet enough, spread with peanut butter, jam or honey. Makes 20 (2 x 2 inch) bars. 1 bar meets 1 bread/bread alternate for 3-5 year olds.

Per Serving			
Calories:	210	Protein (g):	6
Fat (g):	9	Sodium (mg):	155

☛ This recipe is a good source of iron.

† See recipe index.

Fruity Parfait

- 3 cups canned or fresh pineapple, chopped
- 2½ cups berries (any variety, fresh or frozen)
- 2½ cups low-fat vanilla yogurt
- 2 medium bananas
- ½ cup raisins
- 5 cups granola†



In large glasses, clear plastic cups or cereal bowls, layer 3 tablespoons granola, ¼ cup pineapple, 2 tablespoons berries, ¼ cup yogurt, 2 tablespoons granola and several slices banana. Top with 2 tablespoon raisins. **Note:** The fruit can be combined into a fruit salad. The children can then layer granola, yogurt and fruit salad, rather than layering each item separately. Makes 15 (1 cup) servings. 1 serving meets 1 fruit/vegetable (½ cup) and 1 bread/bread alternate for 3-5 year olds.

Per Serving			
Calories:	330	Protein (g):	9
Fat (g):	12	Sodium (mg):	53
☛ This recipe is a good source of iron and Vitamin C.			

†See recipe index.



Peanut Butter Muffins

- 2½ cups all-purpose, enriched flour
- ¼ cup mashed banana
- ¼ cup peanut butter
- 2 eggs
- ⅓ cup vegetable oil
- 1 cup milk (1%)
- ¼ cup apple juice concentrate, thawed
- ¼ cup nonfat dry milk
- ¾ cup sugar
- 1 teaspoon baking soda
- 1½ teaspoons baking powder

Preheat oven to 350°. In a mixing bowl, beat together the banana, peanut butter, eggs and milk powder until creamy. Add oil, milk and juice concentrate, and blend well. Stir in flour, baking powder, sugar and baking soda. Coat 10 to 12 muffin cups with vegetable cooking spray or line with muffin cups. Fill each cup ¾ full. Bake 13 to 16 minutes, until browned. To test for doneness, insert a toothpick to see if it comes out clean. Cool. Add topping or spread, such as peach jam, before serving (optional). To make a loaf, pour batter into prepared 9 x 5-inch loaf pan. Bake 30 to 40 minutes. Cool. Cut into 10 slices. ½ slice or ½ muffin meets 1 bread/bread alternate for 3-5 year olds.

Per Serving			
Calories:	262	Protein (g):	6
Fat (g):	10	Sodium (mg):	170
☛ This recipe is a good source of iron.			



Each recipe does not by itself meet the Dietary Guidelines. Each recipe is part of weekly menus that do meet both the CACFP meal component requirements and the Dietary Guidelines when served as described in the menus. (See menu section for examples.)

Peanutty Burrito Rolls

- 2 cans (16 ounces each) diced peaches in juice *
 1½ cups peanut butter
 10 6 inch whole grain or enriched flour burritos **

Drain peaches. Spread 4 tablespoons peanut butter equally over one side of each tortilla, covering the entire surface evenly. Divide peaches evenly between tortillas. Roll up, tucking in sides, to form a burrito. Cut each roll in half to serve. Makes 20 servings (1 burrito equals 2 servings). ½ burrito meets 1 bread/bread alternate, 1 meat/meat alternate (.5 ounce), and ½ fruit/vegetable (¼ cup) for snack only for 3-5 year olds.

*Also try shredded carrots or shredded apples instead of peaches

**Use the soft tortilla shells that are sold in the dairy case. They can be rolled without preheating.

	Per Serving	
Calories:	176	Protein (g): 6
Fat (g):	10	Sodium (mg): 166

☛ This recipe is a good source of iron.

"Very tasty Recipe"



Rice Pudding

- 2 egg whites
 1 egg
 2½ cups cooked rice
 ½ cup sugar
 ½ cup raisins
 2 cups milk (1%)
 ½ teaspoon vanilla
 ¼ teaspoon cinnamon

Heat oven to 325°F. Beat egg whites and egg in ungreased 2½-quart casserole dish. Stir in remaining ingredients. Bake uncovered 50 to 60 minutes, stirring after 30 minutes. Remove from oven when a knife inserted halfway between center and edge comes out clean. Sprinkle with ground cinnamon. Serve warm or cold. Immediately refrigerate any remaining pudding. Makes about 10 (½-cup) servings. 1 serving meets 1 bread/bread alternate (¼ cup) for 3-5 year olds.

	Per Serving	
Calories:	155	Protein (g): 4
Fat (g):	1	Sodium (mg): 237

"Kids really liked this!"



Tripearatops Pops

2 cans (16 ounces each) pear halves in juice
 1 can (29 ounce) pear halves in juice
 1 cup water
 1/2 cup honey*
 2 tablespoons lemon juice

Puree pears and juice in blender. Combine pureed pears with water, honey and lemon juice. Pour into popsicle molds or 4-ounce paper cups. Partially freeze pear mixture and push wooden popsicle or plastic spoons into center of each cup. Freeze until firm. Makes 15 (2.6-ounce) pops. *1 pop meets 1 fruit/vegetable (1/2 cup) for snack only for 3-5 year olds.*

	Per Serving	
Calories:	51	Protein (g): .25
Fat (g):	.2	Sodium (mg): 1

* Honey should not be given to or used in foods for infants less than 1 year of age because it can cause infant botulism.

"A big hit!"

Vegetable Dip

8 ounces plain yogurt
 1 cup low-fat sour cream
 1 package ranch salad dressing mix

Combine all ingredients and chill before serving. Makes about 2 cups. *Does not fulfill a meal component.*

	Per Serving (1/4 cup serving)	
Calories:	52	Protein (g): 3
Fat (g):	2	Sodium (mg): 182

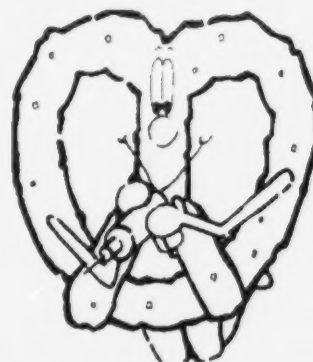
Very Giant Pretzels

1 package yeast
 1 1/2 cups warm water
 1/2 teaspoon sugar
 4 1/2 cups enriched flour
 1 egg yolk
 2 tablespoons water
 Coarse salt or sesame seeds

Dissolve yeast in warm water and sugar. Add flour and knead 6 minutes. Let dough rise, covered, in a greased bowl until double in size. Divide dough into 12 pieces and roll into long sticks (at least 8 inches). Blend egg yolk and 2 tablespoons of water; brush onto pretzels. Sprinkle with coarse salt or sesame seeds. Place pretzels on a cookie sheet. (Pretzels can be twisted, laid out long and skinny, or shaped into letters.) Bake at 450°F for 12 minutes. Keep pretzels warm in a crock pot at low heat. Makes 10 pretzels (20 servings). *1/2 giant pretzel meets 1 bread/bread alternate for snack only for 3-5 year olds.*
Note: Long stick pretzels are fun to dip into sandwich spreads. Spoon servings of deviled ham, egg salad, tuna salad onto plates and let your children dip and eat. Do not double this recipe; make two separate batches.

	Per Serving	
Calories:	213	Protein (g): 6
Fat (g):	1	Sodium (mg): 322

• This recipe is a good source of iron.



Each recipe does not by itself meet the Dietary Guidelines. Each recipe is part of weekly menus that do meet both the CACFP meal component requirements and the Dietary Guidelines when served as described in the menus. (See menu section for examples.)

Menus

This section contains 20 one-week menus that meet the Child & Adult Care Food Program guidelines and are patterned with the Food Guide Pyramid in mind. They include a wide variety of children's favorite foods. Cost also was considered in developing these menus. Summer fruits and vegetables are featured in 10 weeks and foods frequently served in the winter are featured in the other 10 weeks.

All menus meet both the 1995 Dietary Guidelines for Healthy Americans. We focused menu development on the dietary guideline for fat. This guideline recommends the diet provide no more than 30% of calories from fat, less than 10% of calories from saturated fat and no more than 300 mg of cholesterol daily, beginning at the age of 2 years.

Just as each individual recipe in the previous section did not necessarily meet every dietary guideline, each individual day in the menu cycles may not meet each guideline. Monday may contain more than 30% calories from fat, while Friday may contain less. What is important is the average weekly fat content. You will notice one item remains the same each day and each week—the type of milk served. One percent (1%) milk is always used. Remember, 1% milk is appropriate for children over the age of two, is necessary to reduce the saturated fat content of the diet, is economical and is well accepted by children. If you use the weekly menus, the children in your care will be served foods that meet all current child feeding recommendations.

The menu cycles in this guide were not designed to satisfy RDA requirements for adults or adult day care program requirements (i.e., number of meals, meal components and serving sizes). However, they still can be used as a guide to help adult day care centers plan weekly menus that meet the Dietary Guidelines. Typically, adult centers serve additional bread/bread alternate components. Some general tips on how to adjust for these differences appear in the Menu Planning section.

To use the menus, find the day of the week at the top of the chart like you would on a calendar. Directly beneath the day of the week, you will find a note indicating whether the day is a lower-fat, moderate-fat or higher-fat day. Then look in the left-hand column for the meal and its components. To find the day's menu, follow the meal row across to the day of the week you have selected.

Recipe titles are noted with a dagger (†), while ingredients are marked with an asterisk (*). To locate any recipe in this book, simply turn to the index preceding the recipe section. Some popular entrees have also been noted in parentheses in the menu cycles; however, recipes for these entrees do not appear in this book. Please contact your sponsor agency for an approved recipe.

Key † Recipe included
 * Recipe ingredient

Summer Week One

□ Lower-fat day
 □ Moderate-fat day
 ■ Higher-fat day

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Pattern	Lower-fat day	Higher-fat day	Moderate-fat day	Moderate-fat day	Lower-fat day
BREAKFAST	Fruity Parfait†		PEACH WAFFLE TOPPING†		
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Granola†*	Cold cereal	Waffles with margarine	Cold cereal	Pancake with margarine & syrup
3. Juice/Fruit/Vegetable	Assorted fruit*	Strawberries	Orange Peach Waffle Topping†	Cantaloupe	Banana
LUNCH			DOGS IN A BLANKET†	CARROT/RAISIN SALAD†	
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Rice*	Stuffing	Cheese dough*	Whole wheat pita	English muffin
3. Fruit/Vegetable	Fresh pear	Tossed salad with dressing	Grapes	Carrot/Raisin Salad†	Grapes
4. Vegetable/Fruit	Cabbage* Tomato sauce*	Mashed potatoes	Corn on the cob with margarine	Watermelon	Raw broccoli
5. Meat/Meat Alternate	Lean, ground turkey* (Cabbage Rolls)	Baked chicken drumstick	Hot dog*	American cheese (1/2 slice) Deviled egg	Tuna salad Cheese
SNACK	VEGETABLE DIP†		GRANOLA†		
(2 of 4; only 1 liquid)					
1. Milk				1% Milk	
2. Bread/Bread Alternate	Animal crackers	Banana muffin	Granola†*	Bread	Muffin
3. Juice/Fruit/Vegetable	Raw vegetables	Fresh peach	Juice - 100%		Juice-100% Baked apples
4. Meat/Meat Alternate	Vegetable Dip†		Low-fat yogurt	American cheese (1/2 slice) Ham (1 slice) with mayo	Peanut butter
Menu Pattern	Lower-fat day	Higher-fat day	Moderate-fat day	Moderate-fat day	Lower-fat day

Note: When a drink is not specifically listed with a snack, please serve water.



Key † Recipe included
 * Recipe ingredient

Lower-fat day
 Moderate-fat day
 Higher-fat day

Summer Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Pattern	Moderate-fat day	Lower-fat day	Higher-fat day	Moderate-fat day	Higher-fat day
BREAKFAST					APPLESAUCE†
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	French toast with margarine	Cold cereal	English muffin with margarine	Cold cereal	Pancakes with margarine
3. Juice/Fruit/Vegetable	Assorted fruit toppings (i.e., blueberries)	Banana	Fresh peach	Cantaloupe	Applesauce†
LUNCH	ON THE RUN PIZZA †	CHICKEN NUGGETS†			
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	English muffin*	Cloverleaf roll with margarine	Hamburger roll	Hot dog roll	Elbow noodles
3. Fruit/Vegetable	Pizza sauce* Vegetable toppings *	Fresh green beans with margarine	Mixed vegetables with Italian dressing	Celery sticks	Baked zucchini*
4. Vegetable/Fruit	Corn with margarine	Baked french fries with catsup	Fresh cantaloupe	Watermelon	Assorted vegetables
5. Meat/Meat Alternate	Cheese*	Chicken Nuggets with Dipping Sauce †	Lean ground turkey burger	Tuna salad	Lean ground beef* Cheese & Italian sauce* (Stuffed Zucchini)
6. Other			Mayonnaise & catsup		
SNACK	RICE PUDDING†				
(2 of 4; only 1 liquid)					
1. Milk				1% Milk	
2. Bread/Bread Alternate	Rice Pudding† Graham crackers (2)	Blueberry muffin with margarine	Graham crackers (2)	Muffin with margarine	Plain bagel
3. Juice/Fruit/Vegetable	Fresh peach slices	Juice-100%			Juice-100%
4. Meat/Meat Alternate	Peanut Butter (2 tsp.)		Low-fat vanilla yogurt		Peanut butter
Menu Pattern	Moderate-fat day	Lower-fat day	Higher-fat day	Moderate-fat day	Higher-fat day

Note: When a drink is not specifically listed with a snack, please serve water.

Key †Recipe included
*Recipe ingredient

Lower-fat day
Moderate-fat day
Higher-fat day

Summer Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Pattern	Moderate-fat day	Higher-fat day	Moderate-fat day	Lower-fat day	Lower-fat day
BREAKFAST	GRANOLA†			GIANT BLUEBERRY ROUNDS†	
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Granola†	Mini waffles	Mini waffles with margarine	Giant Blueberry Rounds†	Plain bagel with margarine and jam
3. Juice/Fruit/Vegetable	Fresh peach slices	Baked apples	Strawberries	Strawberries	Banana
LUNCH					
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Whole wheat bread	Bread sticks	Saltines	Egg noodles*	Hot dog roll
3. Fruit/Vegetable	Apple	Tossed salad & dressing	Canned tomatoes	Grapes	Lettuce/tomato
4. Vegetable/Fruit	Carrot sticks	Nectarine	Canned kidney beans	Fresh peas	Watermelon
5. Meat/Meat Alternate	Peanut butter Meatless chili	Hard boiled egg	Lean ground turkey Cheese	Tuna* Cheese* (Tuna casserole)	Chicken salad
SNACK	RICE PUDDING†	GRANOLA†			ON THE RUN PIZZA†
(2 of 4; only 1 liquid)					
1. Milk	1% Milk				
2. Bread/Bread Alternate	Rice Pudding† Graham crackers (2)	Granola†	Animal crackers (4)	Raisin bread	English muffin*
3. Juice/Fruit/Vegetable		Fresh pear	Cantaloupe		Italian sauce*
4. Meat/Meat Alternate		Low-fat yogurt		Peanut butter	Low-fat mozzarella*
5. Other					
Menu Pattern	Moderate-fat day	Higher-fat day	Moderate-fat day	Lower-fat day	Lower-fat day

Note: When a drink is not specifically listed with a snack, please serve water.

Key †Recipe included
*Recipe ingredient

Lower-fat day
Moderate-fat day
Higher-fat day

Summer Week Four

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Pattern	Lower-fat day	Higher-fat day	Lower-fat day	Moderate-fat day	Moderate-fat day
BREAKFAST					
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Cold cereal	Bran muffin with margarine	Cold cereal	Pancakes with margarine	Bagel with margarine and jam
3. Juice/Fruit/Vegetable	Fresh strawberries	Cantaloupe	Banana	Blueberries	Peach
LUNCH				APPLESAUCE†	
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Whole wheat bread with margarine	Pasta salad	Tortilla shell (Enriched)	Hamburger roll	Croissant
3. Fruit/Vegetable	Baked potato	Assorted vegetables	Green beans	Spaghetti squash with sauce	Fresh plum
4. Vegetable/Fruit	Broccoli with cheese	Baked french fries with catsup	Tossed salad with dressing	Applesauce†	Green peas with margarine
5. Meat/Meat Alternate	Meatloaf with ground turkey	Baked fish with tartar sauce	Chicken and low-fat cheese	Lean hamburger	Chicken salad
SNACK		VERY GIANT PRETZELS†		CHOC. RAISIN BANANA MUFFIN†	PASTA SALAD†
(2 of 4; only 1 liquid)					
1. Milk					
2. Bread/Bread Alternate	Whole wheat bread	Very Giant Pretzels†	Granola (2 tablespoons)	Chocolate Raisin Banana Muffin†	Pasta*
3. Juice/Fruit/Vegetable	Apple juice-100%	Apple	Fresh pineapple, berries, and banana	Juice-100%	Mixed vegetables*
4. Meat/Meat Alternate	Peanut butter	Cheddar cheese (1 ounce)	Low-fat yogurt		Kidney beans*
5. Other					
Menu Pattern	Lower-fat day	Higher-fat day	Lower-fat day	Moderate-fat day	Moderate-fat day

Note: When a drink is not specifically listed with a snack, please serve water.

Key †Recipe included
*Recipe ingredient

Summer Week Five

Lower-fat day
Moderate-fat day
Higher-fat day

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Pattern	Moderate-fat day	Moderate-fat day	Moderate-fat day	Moderate-fat day	Lower-fat day
BREAKFAST	ZUCCHINI BREAD†				
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Zucchini Bread†	Pancake with margarine & syrup	Cereal	Cold cereal	Waffles with margarine & syrup
3. Juice/Fruit/Vegetable	Cantaloupe	Peach	Juice-100%	Strawberries	Blueberries
LUNCH	GREEN EGGS & HAM†			TUNA CAKES†	BAKED BEANS/NOODLES†
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Toast with margarine	Whole wheat bread*	Taco shell (Enriched)*	Cloverleaf roll with margarine	Egg noodles*
3. Fruit/Vegetable	Honeydew melon	Broccoli	Grapes	Watermelon	Fresh peas
4. Vegetable/Fruit	Baked hash browns	Watermelon	Lettuce/tomato*	Cooked carrots	Fresh pear
5. Meat/Meat Alternate	Green Eggs & Ham†	Cheese*	Lean ground turkey*	Tuna Cakes†	Baked beans*
6. Other		Baked Beans (Grilled Cheese)	Cheese* (Tacos)		
			Taco sauce*		
SNACK		APPLESAUCE†	GRANOLA BAR†		
2 of 4; only 1 liquid					
1. Milk					
2. Bread/Bread Alternate	Snack crackers	Waffle	Granola Bar†	Whole wheat bread	Bread sticks
3. Juice/Fruit/Vegetable	Juice-100% Banana	Applesauce† Juice 100%	Banana	Orange	Raw vegetables
4. Meat/Meat Alternate			Low-fat yogurt	Egg salad	
5. Other			Peanut butter (1 tablespoon)		Vegetable dip
Menu Pattern	Moderate-fat day	Moderate-fat day	Moderate-fat day	Moderate-fat day	Lower-fat day

Note: When a drink is not specifically listed with a snack, please serve water.

Key †Recipe included
*Recipe ingredient

Summer Week Six

☐ Lower-fat day
☐ Moderate-fat day
☒ Higher-fat day

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Pattern	Higher-fat day	Higher-fat day	Moderate-fat day	Moderate-fat day	Lower-fat day
BREAKFAST				CHOC. RAISIN BAN. MUFFIN†	WARM FRUIT TOPPING†
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Cold cereal	Whole wheat toast with margarine	Blueberry muffin with margarine	Chocolate Raisin Banana Muffin†	Waffles with margarine
3. Juice/Fruit/Vegetable	Apple Juice-100%	Fresh peaches	Apple Juice 100%	Banana	Warm Tropical Fruit Topping†
LUNCH			TACO BAKE†		
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Whole wheat bread with margarine	Hot dog bun	Taco Bake†	Baked French fries	Whole wheat pita
3. Fruit/Vegetable	Mashed potatoes	Applesauce	Applesauce	Watermelon	Pear
4. Vegetable/Fruit	Tossed salad with dressing	Sauerkraut	Taco Bake†	Tomato & Cucumber salad with Italian dressing	Corn on the cob
5. Meat/Meat Alternate	Lean ground turkey with gravy	Hot dog	Taco Bake†	Baked, skinless chicken legs (Oven Baked Chicken)	Turkey salad
SNACK				RICE PUDDING†	
(2 of 4; only 1 liquid)					
1. Milk					
2. Bread/Bread Alternate	Plain bagel with margarine	Saltine crackers (3)	Snack crackers (4)	Rice Pudding† Graham crackers (2)	
3. Juice/Fruit/Vegetable	Strawberries	Grape Juice-100%	Juice 100%		Fresh cantaloupe
4. Meat/Meat Alternate	2% Cottage cheese	Peanut butter (1 Tablespoon)		Peanut butter (1 Tablespoon)	1% Cottage cheese
Menu Pattern	Higher-fat day	Higher-fat day	Moderate-fat day	Moderate-fat day	Lower-fat day

Note: When a drink is not specifically listed with a snack, please serve water.

Key †Recipe included
*Recipe ingredient

Lower-fat day
Moderate-fat day
Higher-fat day

Summer Week Seven

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Pattern	Moderate-fat day	Higher-fat day	Higher-fat day	Moderate-fat day	Lower-fat day
BREAKFAST					
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	French toast with syrup	Cold cereal	Waffle	Hot cereal	Pancakes with margarine
3. Juice/Fruit/Vegetable	Peaches	Orange Juice-100%	Strawberries	Orange Juice-100%	Banana
LUNCH	CHINESE VEG. STIR-FRY†				SPAGHETTI & MEAT SAUCE†
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Instant rice	Bread	Whole wheat pita	Tortilla shell (Enriched)	Spaghetti noodles*
3. Fruit/Vegetable	Canned mandarin oranges and pineapple	Raw vegetables	Carrot sticks & Cole Slaw	Tomato/Lettuce & Three Bean Salad	Apple sauce
4. Vegetable/Fruit	Chinese Vegetable Stir-Fry† and Sweet-N-Sour Sauce†	Homemade tomato soup with Parmesan cheese	Grapes	Watermelon	Spaghetti sauce*
5. Meat/Meat Alternate	Chopped Chicken	Egg salad	Chicken salad	Boiled ham (95% fat-free)	Tossed salad with dressing
SNACK		ZUCCHINI BREAD†		TRIPEARPOPS†	
(2 of 4, only 1 liquid)					
1. Milk		1% Milk			1% Milk
2. Bread/Bread Alternate	Whole wheat bread	Zucchini Bread†	Whole wheat crackers (3)	Graham crackers (2)	
3. Juice/Fruit/Vegetable	Grape Juice (100%)		Fresh orange	Tripearpops† Juice-100%	Grapes
4. Meat/Meat Alternate	Ham salad (1 ounce)	Peanut Butter (1 tablespoon)	Colby cheese		
Menu Pattern	Moderate-fat day	Higher-fat day	Higher-fat day	Moderate-fat day	Lower-fat day

Note: When a drink is not specifically listed with a snack, please serve water.

Key † Recipe included
 * Recipe ingredient

☐ Lower-fat day
☐ Moderate-fat day
☒ Higher-fat day

Summer Week Eight

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Pattern	Moderate-fat day	Higher-fat day	Lower-fat day	Moderate-fat day	Moderate-fat day
BREAKFAST					
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Pancake with margarine	Cold cereal	English muffin with margarine and jam	Cold cereal	Hot cereal
3. Juice/Fruit/Vegetable	Juice (100%)	Orange Juice-100%	Cantaloupe	Grape Juice-100%	Orange Juice-100%
LUNCH	ONE POT MAC-N-CHEESE†		APPLE TUNA SANDWICH†		ON THE RUN PIZZA†
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	One Pot Mac-N-Cheese†	Hot dog bun Macaroni salad	Bread*	Whole wheat bread with mayonnaise	French bread*
3. Fruit/Vegetable	Zucchini	Cucumber slices	Tossed salad with Italian dressing	Bean sprouts & tomato slices & lettuce	Pizza sauce*
4. Vegetable/Fruit	Carrots	Watermelon	Corn on the cob with margarine	Assorted raw vegetables and dip	Vegetable toppings*
5. Meat/Meat Alternate	Skinless baked chicken legs	Hot dog	Apple Tuna Sandwich† American cheese (1/2 slice)	Ham (lunch meat)	Corn with margarine
SNACK	RICE PUDDING†			GRANOLA†	
(2 of 4; only 1 liquid)					
1. Milk	1% Milk				
2. Bread/Bread Alternate	Rice Pudding† Graham crackers (2)	Oat muffin with margarine	Blueberry muffin with margarine	Graham crackers (2) Granola† (2 teaspoons)	Macaroni salad
3. Juice/Fruit/Vegetable		Fresh peach	Juice-100%	Apple Yogurt	Grapes
4. Meat/Meat Alternate				Peanut butter (1 teaspoon)	Baked chicken
Menu Pattern	Moderate-fat day	Higher-fat day	Lower-fat day	Moderate-fat day	Lower-fat day

Note: When a drink is not specifically listed with a snack, please serve water.

Key † Recipe included
 * Recipe ingredient

Lower-fat day
 Moderate-fat day
 Higher-fat day

Summer Week Nine

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Pattern	Moderate-fat day	Lower-fat day	Lower-fat day	Moderate-fat day	Higher-fat day
BREAKFAST		WILLIAM TELL PANCAKES†			
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Toast with margarine and jam	William Tell Pancakes†	Cold cereal	Cold cereal	French toast with syrup
3. Juice/Fruit/Vegetable	Banana	Applesauce	Strawberries	Juice 100%	Juice-100%
LUNCH		CHINESE VEG. STIR FRY†		VEGETABLE PITA POCKETS†	SPINACH CAKE†
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Bread with margarine	Rice	Tortilla (Enriched) *	Whole wheat pita *	Hamburger roll
3. Fruit/Vegetable	Fried potatoes	Orange & Pineapple	Tomato & Lettuce	Vegetable mixture *	Corn on the cob
4. Vegetable/Fruit	Cantaloupe	Vegetable mixture *	Corn	Applesauce	Spinach Cake (2) †
5. Meat/Meat Alternate	Egg omelet (Scrambled egg)	Chicken, chopped *	Chicken & Cheese * (Enchilada)	Egg, boiled Cheese *	Tuna salad Cheese (1/2 slice)
SNACK	GRANOLA BARS†		PASTA SALAD†		
(2 of 4; only 1 liquid)					
1. Milk		1% Milk		1% Milk	
2. Bread/Bread Alternate	Granola Bars †	Saltine crackers	Pasta *	Oatmeal cookie sandwich	Animal crackers
3. Juice/Fruit/Vegetable	Apple Juice-100%		Mixed vegetables *	Apple	Fresh fruit pieces (banana, oranges, grapes)
4. Meat/Meat Alternate		Peanut butter	Kidney beans *		
5. Other				Cream cheese (2 teaspoons)	
Menu Pattern	Moderate-fat day	Lower-fat day	Lower-fat day	Moderate-fat day	Higher-fat day

Note: When a drink is not specifically listed with a snack, please serve water.

Key † Recipe included
* Recipe ingredient

 Lower-fat day
 Moderate-fat day
 Higher-fat day

Summer Week Ten

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Pattern	Higher-fat day	Moderate-fat day	Moderate-fat day	Lower-fat day	Lower-fat day
BREAKFAST		NO FLIP PANCAKES†			
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Hot cereal	No Flip Pancakes† with margarine and syrup	Cold cereal	French toast with syrup	Toast with margarine
3. Juice/Fruit/Vegetable	Strawberries	Orange Juice-100%	Banana	Fresh grapefruit	Juice-100%
4. Other					(Scrambled egg with cheese)
LUNCH	APPLE COLE SLAW†	ONE POT MAC-N-CHEESE†			VEG. PASTA ITALIANO†
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Bagel with mayonnaise	One Pot Mac N-Cheese†	Bread sticks	Rice	Bow-tie pasta*
3. Fruit/Vegetable	Apple Cole Slaw†	Cantaloupe	Watermelon	Cooked cabbage	Vegetable mixture*
4. Vegetable/Fruit	Peas	Corn on the cob	Tossed salad w/ cheese	Boiled potato with margarine	Peach
5. Meat/Meat Alternate	Lean sliced turkey	Ham	Chicken nuggets	Lean ground turkey	Ground turkey*
6. Other	Lettuce/tomato			Tomato sauce	Garlic bread
SNACK				BANANA CRUNCH POPS†	BLUEBERRY ROUNDS†
(2 of 4; only 1 liquid)					
1. Milk				1% Milk	
2. Bread/Bread Alternate	Banana muffin	Graham crackers (2)	Saltines (3)	Oatmeal muffin	Giant Blueberry Rounds†
3. Juice/Fruit/Vegetable	Apple	Fresh fruit	Juice-100%	Banana Crunch Pops†	Fresh fruit salad
4. Meat/Meat Alternate	Peanut butter	Low-fat yogurt	Peanut butter		
5. Other					
Menu Pattern	Higher-fat day	Moderate-fat day	Moderate-fat day	Lower-fat day	Lower-fat day

Note: When a drink is not specifically listed with a snack, please serve water.

Key † Recipe included
 * Recipe ingredient

Lower-fat day
 Moderate-fat day
 Higher-fat day

Winter Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Pattern	Moderate-fat day	Lower-fat day	Lower-fat day	Moderate-fat day	Higher-fat day
BREAKFAST					
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Cold cereal	Whole wheat toast with margarine	French Toast	Pancake with margarine	Cereal
3. Juice/Fruit/Vegetable	Canned peaches	Orange Juice-100% Omelet with cheese	Canned peaches Syrup	Canned grapefruit	Banana
LUNCH			BEEF BARLEY STEW†		
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	English Muffin with margarine	Roll with margarine	Saltine crackers	Rice*	Sliced bread with mayonnaise
3. Fruit/Vegetable	Hash brown potatoes	Harvard beets	Apple	Salad with dressing	Carrot & Celery Sticks
4. Vegetable/Fruit	Canned pears	Frozen peas	Mixed vegetables*	Broccoli*	Grapes
5. Meat/Meat Alternate	Scrambled egg	Baked fish sticks	Lean ground beef*	Turkey*	Bologna (95% fat free)
6. Other		Tartar Sauce		Cheese* (Turkey & Broccoli Casserole)	
SNACK		VERY GIANT PRETZELS†	GRANOLA BARS†		CHEESE WHEAT SNACKS†
(2 of 4; only 1 liquid)					
1. Milk	1% Milk		1% Milk	1% Milk	
2. Bread/Bread Alternate	Graham crackers (2)	Very Giant Pretzels†	Granola Bar†	Bran muffin	Cheese Wheat Snacks†
3. Juice/Fruit/Vegetable		Canned pineapple	Grapes		Juice-100%
4. Meat/Meat Alternate		Vanilla yogurt			
5. Other					
Menu Pattern	Moderate-fat day	Lower-fat day	Lower-fat day	Moderate-fat day	Higher-fat day

Note: When a drink is not specifically listed with a snack, please serve water.

Key †Recipe included
 *Recipe ingredient

Lower-fat day
 Moderate-fat day
 Higher-fat day

Winter Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Pattern	Moderate-fat day	Lower-fat day	Moderate-fat day	Moderate-fat day	Lower-fat day
BREAKFAST	BANANA RAISIN PANCAKES†				
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Banana Raisin Pancakes†	French toast with syrup	Mini waffles with margarine	Cold cereal	English muffin with margarine
3. Juice/Fruit/Vegetable	Apple Juice-100%	Orange Juice-100%	Fresh banana	Orange Juice-100%	Applesauce
LUNCH		CHICKEN NUGGETS†			TUNA CASSEROLE†
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Saltines with peanut butter	Roll with margarine	Bread with margarine	Bread with margarine *	Noodles *
3. Fruit/Vegetable	Boiled potatoes	Lettuce with dressing	Broccoli	Mashed potatoes	Carrots
4. Vegetable/Fruit	Green Beans	Baked French fries	Canned pears	Green beans	Peas
5. Meat/Meat Alternate	Boiled ham (Soup)	Chicken Nuggets & Dipping Sauce †	Low-fat cheese *	Turkey loaf with gravy	Canned tuna in water *
6. Other			(Grilled Cheese Sandwich)		
SNACK		FRUITY PARFAIT†			
(2 of 4; only 1 liquid)					
1. Milk				1% Milk	
2. Bread/Bread Alternate	Graham crackers (2)	Fruity Parfait †	Whole wheat crackers (4)	Banana bread	Whole wheat crackers (4)
3. Juice/Fruit/Vegetable	Fresh banana	Fruity Parfait †	Grape Juice-100%		Juice-100%
4. Meat/Meat Alternate			Peanut butter (2 teaspoons)	Peanut butter	
5. Other	Low-fat frozen yogurt				
Menu Pattern	Moderate-fat day	Lower-fat day	Moderate-fat day	Moderate-fat day	Lower-fat day

Note: When a drink is not specifically listed with a snack, please serve water.

Key

- † Recipe included
 * Recipe ingredient

- Lower-fat day
 □ Moderate-fat day
 ■ Higher-fat day

Winter Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Pattern	Moderate-fat day	Lower-fat day	Lower-fat day	Higher-fat day	Moderate-fat day
BREAKFAST			HOT AND FRUITY OATMEAL†		
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Cold cereal	French toast with syrup	Hot and Fruity Oatmeal†	Waffle	Cold cereal
3. Juice/Fruit/Vegetable	Grape Juice-100%	Peaches	Juice-100%	Baked apple	Grape Juice-100%
LUNCH			APPLE COLE SLAW†		FANCY BAKED POTATO†
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Macaroni salad & hot dog roll	Bread stick & Noodles*	Roll	Bread*	Hamburger roll
3. Fruit/Vegetable	Cucumber and carrot slices	Corn	Apple Cole Slaw†	Canned tomatoes*	Fancy Baked Potato with topping†
4. Vegetable/Fruit	Broccoli	Canned tomatoes	Canned peas	Celery & carrot sticks with vegetable dip	Orange slices
5. Meat/Meat Alternate	Turkey hot dog	Lean ground beef* (Goulash)	Minute steaks	Cheese*	Apple Cole Slaw†
6. Other	Catsup		Catsup & Mayonnaise	Kidney beans* (Vegetarian Chili & Grilled Cheese)	Lean ground turkey (Turkey burger)
SNACK		ZUCCHINI BREAD†	BREAKFAST APPLE PIZZA†	PEANUT BUTTER MUFFIN†	
(2 of 4; only 1 liquid)					
1. Milk			1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Graham crackers (2)	Zucchini Bread†	Breakfast Apple Pizza†	Peanut Butter Muffin†	Rice cakes with peanut butter
3. Juice/Fruit/Vegetable	Banana			Fresh orange	Apple
4. Meat/Meat Alternate	Peanut butter (1 tablespoon)	Low-fat yogurt			
Menu Pattern	Moderate-fat day	Lower-fat day	Lower-fat day	Higher-fat day	Moderate-fat day

Note: When a drink is not specifically listed with a snack, please serve water.

Key

† Recipe included

* Recipe ingredient

Lower-fat day

Moderate-fat day

Higher-fat day

Winter Week Four

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Pattern	Higher-fat day	Lower-fat day	Moderate-fat day	Lower-fat day	Moderate-fat day
BREAKFAST		OATMEAL SILVER DOLLARS†	ZUCCHINI BREAD†		
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Cold cereal Toast with margarine	Oatmeal Silver Dollars †	Zucchini Bread† with peanut butter (1 teaspoon)	Cold cereal	Toast with margarine
3. Juice/Fruit/Vegetable	Orange Juice-100%	Peaches (1 cup) Pear Sauce †	Banana	Juice-100%	Canned grapefruit (Scrambled egg)
LUNCH					CHICKEN/VEG. SOUP†
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Bread stuffing	Roll	Pita bread with mayonnaise	Macaroni & Cheese	Whole wheat bread with peanut butter
3. Fruit/Vegetable	Applesauce	Pineapple	Mixed frozen vegetables	Salad with dressing	Vegetable mixture *
4. Vegetable/Fruit	Frozen green beans	Frozen peas	Fresh tangerine	Frozen green beans	Apple
5. Meat/Meat Alternate	Baked chicken	Baked fish sticks	Chicken salad	Meatloaf (lean meat)	Chicken or turkey *
6. Other		Tartar sauce and catsup			
SNACK				FRUIT-N-JUICE SHAKE†	
(2 of 4; only 1 liquid)					
1. Milk	1% Milk				1% Milk
2. Bread/Bread Alternate	Whole wheat crackers (4)	Graham crackers (2)	Bran muffin with margarine	Graham crackers (2)	Banana muffin with peanut butter (1 teaspoon)
3. Juice/Fruit/Vegetable		Baked apples	Canned pear	Fruit N Juice Shake †	
4. Meat/Meat Alternate	Peanut butter				
5. Other					
Menu Pattern	Higher-fat day	Lower-fat day	Moderate-fat day	Lower-fat day	Moderate-fat day

Note: When a drink is not specifically listed with a snack, please serve water.

Key
 † Recipe included
 * Recipe ingredient

Winter Week Five

Lower-fat day
 Moderate-fat day
 Higher-fat day

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Pattern	Lower-fat day	Lower-fat day	Moderate-fat day	Higher-fat day	Moderate-fat day
BREAKFAST			BREAKFAST APPLE PIZZA†		OATMEAL SILVER DOLLARS†
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Hot cereal	French toast	Breakfast Apple Pizza†	Whole wheat toast with cinnamon	Oatmeal Silver Dollars with Pear Sauce†
3. Juice/Fruit/Vegetable	Peaches	Grapefruit Juice-100%	Orange Juice-100%	Juice-100%	Grape Juice-100%
4. Other				Scrambled egg	
LUNCH	SPAGHETTI/MEAT SAUCE†	BEEF STEW†	CHICKEN NUGGETS†		
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Spaghetti noodles* bread sticks	Biscuit	Roll with margarine	Noodles	Plain croissant
3. Fruit/Vegetable	Brussels sprouts	Canned peaches	Baked French fries	Fresh apple	Canned pear
4. Vegetable/Fruit	Salad with dressing	Carrots, celery and potatoes*	Frozen peas with margarine	Frozen string beans	Carrot and celery sticks
5. Meat/Meat Alternate	Lean ground turkey* with sauce	Lean beef cubes*	Chicken Nuggets with Dipping Sauce†	Tuna canned in water (Casserole)	Chicken salad (Lettuce & tomato)
SNACK	FROZEN WAFFLE TREAT†	VERY GIANT PRETZEL†	PEANUTTY BURRITO†		GRANOLA BAR†
(2 of 4, only 1 liquid)					
1. Milk			1% Milk		
2. Bread/Bread Alternate	Frozen Waffle Treat†	Very Giant Pretzel†	Peanutty Burrito†	Whole wheat bread with mayonnaise	Granola Bar†
3. Juice/Fruit/Vegetable	Grape Juice-100%		Fruit salad	Juice-100%	Juice-100%
4. Meat/Meat Alternate		Fruited, fat-free yogurt		Bologna (regular) (1 ounce)	
Menu Pattern	Lower-fat day	Lower-fat day	Moderate-fat day	Higher-fat day	Moderate-fat day

Note: When a drink is not specifically listed with a snack, please serve water.

Key †Recipe included
 *Recipe ingredient

Lower-fat day
 Moderate-fat day
 Higher-fat day

Winter Week Six

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Pattern	Lower-fat day	Lower-fat day	Moderate-fat day	Moderate-fat day	Moderate-fat day
BREAKFAST		FRUIT SMOOTHY†	CHOC. RAISIN BANANA MUFFIN†		
1 serving each					
1. Milk	1% Milk	Fruit Smoothy†	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Cold cereal	Oatmeal	Choc. Raisin Banana Muffin†	Toast with margarine	Cold cereal
3. Juice/Fruit/Vegetable	Orange Juice-100%	Fruit Smoothy†	Baked apples	Orange Juice-100%	Banana
LUNCH			RICE & APPLES†		
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Macaroni and Cheese	Hoagie roll	Rice & Apples†	Whole wheat bread	Lasagna noodles*
3. Fruit/Vegetable	Canned pears	Potato salad	Corn on the cob	Salad with dressing	Bread sticks
4. Vegetable/Fruit	Frozen peas	Tangerine	Peach	Fresh orange	Celery and carrot sticks with dip
5. Meat/Meat Alternate	Baked fish sticks	Turkey and Cheese	Baked, skinless chicken	Tuna salad	Baked apple
6. Other	Tartar sauce	Lettuce and tomato with Italian dressing			Lean ground beef* (Lasagna)
SNACK		HOMEMADE GRANOLA†			
(2 of 4; only 1 liquid)					
1. Milk				1% Milk	
2. Bread/Bread Alternate	Animal crackers (4)	Homemade Granola† (2 tablespoons)	Bread stick		Banana muffin with margarine
3. Juice/Fruit/Vegetable	Canned pineapple Canned mandarin oranges	Fresh orange	Tossed salad with croutons Italian sauce for bread sticks Low fat shredded cheese	Broccoli & baked potato Cheese sauce (1 tablespoon)	Juice-100%
4. Meat/Meat Alternate		Fruited yogurt			
5. Other	Frozen yogurt				
Meal Pattern	Lower-fat day	Lower-fat day	Moderate-fat day	Moderate-fat day	Moderate-fat day

Note: When a drink is not specifically listed with a snack, please serve water.

Key Recipe included
 Recipe ingredient

Lower-fat day
 Moderate-fat day
 Higher-fat day

Winter Week Seven

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Pattern	Higher-fat day	Lower-fat day	Moderate-fat day	Higher-fat day	Moderate-fat day
BREAKFAST					
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Hot cereal with brown sugar	Waffles with margarine and syrup	Cold cereal	Pancakes with margarine and syrup	French toast with syrup
3. Juice/Fruit/Vegetable	Apple Juice-100%	Peaches	Banana	Baked apples	Orange juice 100%
LUNCH	ONE POT MAC-N-CHEESE†			WINTER VEGETABLE SALAD†	
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	One Pot Mac-n-Cheese†	Roll with mayonnaise	Pot pie noodles	Spaghetti noodles	Hot dog roll
3. Fruit/Vegetable	Grapes	Frozen green beans with margarine	Canned peaches	Crispy Winter Vegetable Salad†	Baked French fries
4. Vegetable/Fruit	Frozen peas	Nectarine	Frozen peas and carrots	Grapes	Frozen broccoli
5. Meat/Meat Alternate	Baked fish sticks	Turkey (95% fat free)	Chopped chicken	Meat sauce with lean ground beef	Turkey hot dog
6. Other	With tartar sauce	Provolone cheese (1.2 slice)	(Casserole)		Catsup & mustard
SNACK	VEGETABLE DIP†			CHEESE WHEAT SNACKS†	
(2 of 4; only 1 liquid)					
1. Milk					
2. Bread/Bread Alternate		Snack crackers (4)		Cheese Wheat Snacks†	Bagel with peanut butter (2 tablespoons)
3. Juice/Fruit/Vegetable	Raw vegetables	Canned fruit salad	Apple	Juice 100%	Juice-100%
4. Meat/Meat Alternate	Fruit yogurt		Peanut butter (1 tablespoon)		
5. Other	Vegetable Dip†				
Meal Pattern	Higher-fat day	Lower-fat day	Moderate-fat day	Higher-fat day	Moderate-fat day

Note: When a drink is not specifically listed with a snack, please serve water.

Key †Recipe included
*Recipe ingredient

 Lower-fat day
 Moderate-fat day
 Higher-fat day

Winter Week Eight

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Pattern	Higher-fat day	Lower-fat day	Moderate-fat day	Lower-fat day	Moderate-fat day
BREAKFAST					
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	English muffin with margarine and jam	Pancakes with margarine and syrup	Cold cereal	Oatmeal	French toast with syrup
3. Juice/Fruit/Vegetable	Orange Juice-100%	Canned grapefruit	Banana	Orange	Peaches
LUNCH			CARROT AND RAISIN SALAD†		CHICKEN NUGGETS†
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Whole wheat bread with margarine	Whole wheat bread	Whole wheat roll	Lasagna noodles *	Cloverleaf roll with margarine
3. Fruit/Vegetable	Green beans	Tangerine	Carrot and Raisin Salad†	Frozen corn	Frozen cauliflower-broccoli with cheese sauce
4. Vegetable/Fruit	Cabbage	Frozen peas	Frozen corn	Tomato sauce *	Grapes
5. Meat/Meat Alternate	Boiled ham (Soup)	Egg salad & Cheese	Baked fish sticks (Tartar sauce)	Tossed salad with dressing	Chicken Nuggets with Dipping Sauce†
				Ground turkey *	
				Cheese (ricotta mozz) *	
				(Lasagna)	
SNACK	PASTA SALAD†	HOMEMADE GRANOLA†	ZUCCHINI BREAD†	RICE PUDDING†	
(2 of 4, only 1 liquid)					
1. Milk				1% Milk	1% Milk
2. Bread/Bread Alternate	Pasta *	Granola† (2 tablespoons)	Zucchini Bread† with peanut butter (2 teaspoons)	Rice Pudding†	Bagel
3. Juice/Fruit/Vegetable	Mixed vegetables *	Graham crackers (2)	Canned applesauce		
		Canned apricots and sliced bananas			
4. Meat/Meat Alternate	Kidney beans *				Peanut butter (2 tablespoons)
5. Other	Cheese (1/2 slice)	Frozen yogurt (1/2 cup)			
Meal Pattern	Higher-fat day	Lower-fat day	Moderate-fat day	Lower-fat day	Moderate-fat day

Note: When a drink is not specifically listed with a snack, please serve water.

Key †Recipe included
 *Recipe ingredient

Lower-fat day
 Moderate-fat day
 Higher-fat day

Winter Week Nine

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Pattern	Moderate-fat day	Higher-fat day	Lower-fat day	Moderate-fat day	Higher-fat day
BREAKFAST	APPLESAUCE†				
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Waffles with margarine and syrup	Cold cereal	Oatmeal	Pancakes with margarine and syrup	Whole wheat toast with peanut butter (1 teaspoon)
3. Juice/Fruit/Vegetable	Applesauce†	Juice 100%	Banana	Canned peaches	Banana
LUNCH		DOG-IN-A-BLANKET†	SPAGHETTI MEAT SAUCE†	CHICKEN VEG. SOUP†	ON-THE-RUN PIZZA†
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Whole wheat pita	Cheese dough*	Spaghetti noodles*	Bread with margarine	French bread*
3. Fruit/Vegetable	Carrot Cucumbers Celery	Baked beans	Garlic bread	Canned pears	Canned pineapple
4. Vegetable/Fruit	Apple	Canned peaches	Tossed salad with dressing	Vegetable mixture*	Raw vegetables with dip
5. Meat/Meat Alternate	Chicken salad Cheese (1/2 slice)	Turkey hot dog*	Apple	Chicken or turkey*	Instant Pizza Sauce*
			Meat sauce with ground turkey*		Low-fat mozzarella* and 1% cottage cheese
SNACK	FANCY BAKED POTATO†	BANANA CRUNCH POP†		PEANUTTY BURRITO†	
(2 of 4; only 1 liquid)					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	
2. Bread/Bread Alternate			Oatmeal cookie	Peanutty Burrito†	Bread sticks
3. Juice/Fruit/Vegetable	Fancy Baked Potato†	Banana Crunch Pop†	Grapes		Tossed salad with dressing
4. Meat/Meat Alternate					Tomato sauce
5. Other			Cream cheese		
Meal Pattern	Moderate-fat day	Higher-fat day	Lower-fat day	Moderate-fat day	Higher-fat day

Note: When a drink is not specifically listed with a snack, please serve water.

Key †Recipe included
*Recipe ingredient

Lower-fat day
Moderate-fat day
Higher-fat day

Winter Week Ten

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Pattern	Lower-fat day	Lower-fat day	Higher-fat day	Moderate-fat day	Moderate-fat day
BREAKFAST	PEANUT BUTTER MUFFIN†			APPLESAUCE†	
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Peanut Butter Muffin†	French toast with syrup	Oatmeal	Zucchini bread with peanut butter (2 teaspoons)	Cold cereal
3. Juice/Fruit/Vegetable	Orange Juice-100%	Canned peaches	Orange Juice-100%	Applesauce†	Banana
LUNCH	CARROT/RAISIN SALAD†	VEGETABLE SOUP†			
1 serving each					
1. Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2. Bread/Bread Alternate	Whole wheat roll	Whole wheat bread with mayonnaise	Taco shell*	Rice with margarine	Roll with margarine
3. Fruit/Vegetable	Carrot/Raisin Salad†	Vegetable Soup†	Orange	Grapes	Canned pears
4. Vegetable/Fruit	Grapes	Grapes	Tomato/Lettuce/Onion	Frozen broccoli	Baked potato with cheese
5. Meat/Meat Alternate	Homemade lentil soup	Low-fat ham (95% fat free)	Lean ground beef* Low-fat cheese* (Taco)	Chopped turkey Cheese	Baked fish with tartar sauce
SNACK		HOMEMADE GRANOLA†		FROZEN WAFFLE TREAT†	FRUIT DIP†
(2 of 4, only 1 liquid)					
1. Milk				1% Milk	
2. Bread/Bread Alternate	Snack crackers (4)	Homemade Granola†(2 Tbsp)	Graham crackers (2)	Frozen Waffle Treat	Animal crackers
3. Juice/Fruit/Vegetable		Mashed banana and applesauce	Apple Juice-100%		Canned pineapple and mandarin orange
4. Meat/Meat Alternate	Fruited, low-fat yogurt Cheese slice (1/2 slice)	Low-fat yogurt	Peanut butter		
5. Other					Fruit Dip
Meal Pattern	Lower-fat day	Lower-fat day	Higher-fat day	Moderate-fat day	Moderate-fat day

Note: When a drink is not specifically listed with a snack, please serve water.

Menu Planning

When designing menus to best meet all fat recommendations, the most important consideration (after type of milk served) is the **lunch entree**, specifically the meat/meat alternate component. If more than two higher-fat meat/meat alternates are used during the week, the average daily fat intake will exceed recommendations. If more than two lower-fat meat/meat alternates are used during the week, the average daily fat intake will fall so low energy needs can not be met easily. Moderate-fat meat/meat alternates can be used every day to meet the fat recommendations. To help you identify these patterns, each day is labelled as either a lower-fat, moderate-fat or higher-fat day.

Lower-fat ($\leq 29.5\%$)	Moderate-fat (29.5% to 30.5%)	Higher-fat ($\geq 30.5\%$)
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Menu Planning Rules

We have established three basic rules for menu planning. These rules are based on the use of **1% milk** and the fat content of the **meat/meat alternate** component. The rules are:

1. At least 2 days each week must be moderate-fat days. *You may choose as many as 5 moderate fat days but you must have at least 2.*
2. No more than 2 days each week can be higher-fat days.
3. No more than 2 days each week can be lower-fat days.

Weekly Menu Patterns

Based on these three rules, the following weekly menu patterns are possible:

L = Lower-fat day

M = Moderate-fat day

H = Higher-fat day

Monday	Tuesday	Wednesday	Thursday	Friday
M	M	M	M	M
M	M	M	M	H
M	M	M	H	H
L	L	M	M	M
L	M	M	M	M
H	L	M	M	M
L	H	H	M	M
L	L	H	M	M

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Using the Weekly Menus

- The simplest way to use these weekly menus is to use them EXACTLY as they are written.

The nutrient content of all menus has been calculated. Food on any given day has been carefully selected. You still have some flexibility. On occasion, you can substitute a fruit for a fruit and a vegetable for another vegetable without causing too much change to the overall nutrient content.

Example: You can substitute cooked carrots for baked yellow squash, or pineapple juice for orange juice.

However, if you alter the menus by using additional margarine, butter, mayonnaise, or salad dressing, they will not meet the guidelines for fat.

- The days in the same week can be switched around.

Food choices within each week are carefully selected, but the order of the days is up to you.

Example: You want to make Monday's menu on Wednesday. Simply switch days.

- You may exchange days of the same category (lower-fat, moderate-fat, higher-fat) from one week to another as long as the menu planning rules are followed.

Example: You can substitute a higher-fat day from Summer Week Three for a higher-fat day from Winter Week 8.

Adapting the Weekly Menus

There are several additional ways to adapt these menus to meet your individual needs, while still meeting child nutrition recommendations.

The simplest way to create new weekly menus is to choose five complete days (Breakfast, Lunch, Snack) from the 100 days presented. The following steps will ensure the days you choose fit an acceptable weekly menu pattern.

1. Select five complete days from the menu cycles.

You may select a certain day because it contains a recipe you want to serve, because it contains readily available foods, or because you know the children in your care like the food listed.

Example: Suppose you select the following days:

Summer Week 2—Tuesday (Higher)

Summer Week 5—Thursday (Lower)

Summer Week 6—Wednesday (Moderate)

Summer Week 8—Wednesday (Lower)

Summer Week 10—Monday (Lower)

2. Determine the number of lower-fat, moderate-fat, and higher-fat days.

Example: You have selected 1 moderate-fat day, 3 lower-fat days, and 1 higher-fat day.

3. Compare these days to the menu planning rules.

Weekly menus must have at least 2 moderate-fat days and no more than 2 higher-fat days or 2 lower-fat days in one week.

Example: The pattern you have selected has only 1 moderate-fat day and 3 lower-fat days. Since it does not follow the menu planning rules, it is not acceptable.

4. If necessary, adjust your menu to meet the menu planning rules.

After changing your selection, recheck your category totals.

Example: One of the lower-fat days needs to be replaced with a moderate-fat day. Summer Week 10 - Monday (Lower) could be replaced with Summer Week 10 - Friday (Moderate). This change meets the rules.

5. Once your days are selected, you can arrange them in any order. (See weekly menu patterns.)

The menus can be changed to allow you more flexibility. What if you don't like some of the selections? What if a meat/meat alternate listed for lunch is not available? What about using your own favorite recipes? Since each food item within any given day has been carefully chosen, you cannot simply pull out a recipe and replace it with another recipe. You must follow the menu planning rules and the menu patterns. Remember, the fat level for any day is based on the meat/meat alternate component served at lunch; 1% milk is always served; and all Child Care Food Program guidelines must be met. (Adult day care centers, refer to section C.)

You will find lists at the end of this section (pages 77-78) to help you determine the level of fat for the most commonly served meat/meat alternate components at lunchtime. These lists can be used in several ways:

- a) If you have a recipe you want to use, you can use the lists to identify the fat level of the meat/meat alternate in that recipe. First determine the meat/meat alternate contained in your recipe. Ask yourself the following questions: In what form do I usually buy this meat/meat alternate (i.e., fresh, frozen, canned)? How do I want to prepare the recipe (i.e., fry, broil, bake)? Using all three meat/meat alternate lists, locate the food and the preparation method. Determine the fat category for your recipe. Substitute your recipe for the same fat category day on any weekly menu cycle.

Example: You want to serve tuna casserole. You find tuna listed under fish on both the lower-fat and moderate-fat meat/meat alternate lists. You always buy tuna packed in water. Therefore, your recipe is basically a lower-fat lunch entree. You can substitute your recipe for a lower-fat day lunch recipe on any weekly menu.

b) If the meat/meat alternate listed is not available or you think the children in your care may not eat a certain recipe, you can use the lists to find a substitute meat/meat alternate. Look at the fat level category (moderate-, lower- or higher-fat) for the day in which the recipe you wish to eliminate appears. Go to the appropriate meat/meat alternate list. Find another meat/meat alternate to serve.

Example: The day you want to replace is a lower-fat day. You need to choose a meat/meat alternate from the lower-fat meat/meat alternate list. Skinless barbecue chicken would be an acceptable choice because skinless chicken appears on the lean meat/meat alternate list. If you were replacing a moderate-fat day, barbecue chicken with the skin would be an acceptable choice because it appears on the moderate-fat meat/meat alternate list.

c) If you are an adult day care facility creating an additional meal (supper), you can use the lists to select the meat/meat alternate component of that meal.

Although adult day care facilities offer additional bread/bread alternate food items, the fat level of each day is still based on the milk choice and the meat/meat alternate component. The simplest way to create an additional meal would be to always choose the meat/meat alternate for your additional meal from the moderate-fat meat/meat alternate list. However if you want to offer more variety of meat/meat alternates, you may select from the list that corresponds with the fat level for the day.

Example: If you are adding an additional meal to a lower-fat day, the meat/meat alternate for that additional meal should be selected from the lower-fat meat/meat alternate list. Do the same for moderate-fat and higher-fat days.

You may use these methods to create entirely new weeks in which every day is your own creation. If you modify the recipes provided, create your own menus or create an additional meal, the foods you use may contain different nutrients. You must make certain your daily menu meets your particular program guidelines for all meal components. AND, you must always follow the three basic menu planning rules (page 73) to be certain your menus meet the dietary fat guidelines. An additional tool to use is the Nutrition Facts panel located on food labels (see Appendix C). The food label can be used as a guide when you shop for meals.



Lower-fat meat/meat alternates

Every 1 ounce (28g) serving of cooked meat has about 3g of fat

Beef (ground or whole)	Round; sirloin; flank; tenderloin; and chipped beef
Pork	Canned, cured, or boiled ham; Canadian bacon
Veal	Chops and roasts
Poultry	Chicken, turkey, Cornish hen (without skin)
Fish	Tuna (canned in water); all fresh and frozen fish; Crab; lobster; scallops; shrimp; Clams (fresh or canned in water); oysters; sardines (canned); Herring (uncreamed or smoked)
Eggs	Egg whites; egg substitutes
Cheese	Any cottage cheese; grated Parmesan; Diet cheese (less than 55 calories per ounce); Yogurt (snack only)
Dried peas and beans	Garbanzo; red/white; black; mung; lima; soy; kidney; navy; broad; Baked beans; lentils; peas; black-eyed peas

Moderate-fat meat/ meat alternates

Every 1 ounce (28g) serving of cooked meat has about 5 grams of fat

Beef (ground or whole)	Rib; chuck; rump; steak (cubes, Porterhouse, T-bone); Meat loaf made with ground meat
Pork	Most pork products fall into this category. Chops; loin; roast; Boston butt; cutlets
Lamb	Most lamb products fall into this category. Chops; leg; and roast
Veal	Cutlet (ground or cubes, unbreaded)
Poultry	Chicken (with skin); duck or goose (well drained of fat); Ground turkey
Fish	Tuna (canned in oil and drained); salmon (canned)
Eggs	Whole egg
Cheese	Skim or part-skim milk cheeses, such as Ricotta; mozzarella; Diet cheese (with 56 - 80 calories per ounce)
Other	*Frankfurters, CHECK LABELS FOR GRAMS OF FAT 86% fat-free luncheon meat Organ meat Sweetbreads

*Most frankfurters, including turkey are considered high fat meat/meat alternates. However, there are some brands that contain 5 - 7 grams of fat.

Higher-fat meat/meat alternates

Every 1 ounce (28g) serving of cooked meat has about 8g of fat

Beef (most USDA Prime cuts)	Ribs; corned beef
Pork	Spare ribs; ground pork; pork sausage (patty or link)
Lamb	Patties (ground lamb)
Fish	Any fried fish product
Cheese	All regular cheese such as: American, Blue, Cheddar, Monterey Jack, Swiss
Nuts & Seeds	Almonds; cashews; pecans; peanuts; walnuts; pumpkin seeds; Pine nuts; sunflower seeds
Other	Peanut butter; Luncheon meat, such as bologna, salami, pimento loaf; Sausage, such as Polish, Italian smoked or regular; Knockwurst; bratwurst; frankfurter (all types, check label for grams of fat—some brands have less fat)

Exchange Lists for Meal Planning. The American Dietetic Association, American Diabetes Association, Inc., 1989

Resource List

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Food and Nutrition Activities

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Other Food Information Resources

California Asparagus Commission
4565 Quail Lakes Drive, Suite A-1
Stockton, CA 95207
(209) 474-7581 or Fax (209) 474-9105

California Cling Peaches: Recipes for Childcare Providers
California Cling Peach Advisory Board
P.O. Box 7111
San Francisco, CA 94120
(415) 495-7714

California Fresh Carrot Advisory Board
c/o Patty Boman
15 Willow Street
Salinas, CA 93901
(408) 753-2354

Dining with Dinosaurs
Pacific Coast Canned Pear Service
P.O. Box 7111
San Francisco, CA 94120
(415) 495-7714

International Apple Institute
P.O. Box 1137
McLean, VA 22101
(703) 442-8850

Learning About Tomatoes
Tomato Growers of California and Florida
Lewis & Neale, Inc.
928 Broadway - 6th Floor
New York, NY 10010

Ocean Spray Cranberries
c/o Linda Compton
1 Ocean Spray Drive
Lakeville, MA 02349
(508) 946-7404

Oregon Washington California Pear Bureau
813 SW Suite 601
Portland, OR 97205
(503) 223-8139

Pacific Coast Canned Pear Service
P.O. Box 7111
San Francisco, CA 94120
(209) 224-7010 or Fax (209) 224-7016

Tropical Fruits and Vegetables
J.R. Brooks & Son
P.O. Drawer 9
Homestead, FL 33090

Cookbooks

- Berman, Christine, and Jackie Fromer. *Meals Without Squeals—Child Care Feeding Guide and Cookbook*. Palo Alto, CA: Bull Publishing Co., 1991.
- Betty Crocker's *Low Fat, Low Cholesterol Cookbook*. New York: Prentice Hall Press, 1991.
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Lansky, Vicki. *The Taming of the C.A.N.D.Y. Monster*.
Illustrated by Lynn Johnston. Wayzata, MN:
Meadowbrook Press, 1978.

Children's Books About the Human Body

Allison, Linda. *Blood and Guts*. Boston, MA: Little,
Brown and Co., 1976.
Rockwell, Harlow. *My Doctor*. New York: MacMillan
Publishing Co., 1973.
Showers, Paul. *A Drop of Blood*. New York: Thomas Y.
Crowell, 1967.
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Nutrition and Education Resources

GENERAL EDUCATION

Better Kid Care
Caring for Kids Newsletter
305 Armsby Bldg.
Penn State University
University Park, PA 16802
(800) 452-9108

Teams for Healthy Kids - Coordinators Kit
Includes suggestions for how to organize a local level
team for schools to promote healthy meals. Contains
a listing of many resources. Available from The
U.S. Department of Agriculture, Food & Consumer
Services, Nutrition & Technical Services Division,
3101 Park Center Drive, Room 607
Alexandria, VA 22302
703-305-2554

CULTURAL DIVERSITY

Dermom, Louise. *Anti-Bias Curriculum: Tools for
Empowering Young Children*. Available from
National Association for the Education of Young
Children, 1834 Connecticut Ave., NW.
Washington, DC 20009-5786.
Rubin, Laurie. *Food First Curriculum*. Available from
Institute for Food and Development Policy, 1885
Mission Street, San Francisco, CA 94103.
(415) 864-8555.

Slapin, Beverly et al. *Books Without Bias; Through
Indian Eyes & How to Tell the Difference: A Check-
list for Evaluating Native American Children's Books*
Available from Oyate, 2702 Matthew's Street,
Berkeley, CA 94702.

FOOD SAFETY

*Safe Food Healthy Children - A Food Safety Teleconfer-
ence Workshop for Child Care Providers*.
Includes facilitators manual, safe food adventures for
little hands, recipes with food safety information and
general food safety materials. Available from The
University of Georgia Cooperative Extension Service,
Room 207, Hoke Smith Annex, The University of
Georgia, Athens, GA 30602. (706) 542-3824

GENERAL NUTRITION

American Dietetic Association
216 W. Jackson Blvd
Suite 800
Chicago, IL 60606
(800) 366-1655

Consumer Information Center
P.O. Box 100
Pueblo, CO, 81002
(719) 948-3334

Food and Drug Administration
Office of Consumer Affairs
5600 Fishers Lane (HFE-88)
Rockville, MD 20857
(301) 443-3170
(800) FDA-1088

Nutrition Resources for Early Childhood: A Resource Guide

National Center for Education and Child Health
38th and R Streets
Washington, DC 29957
(202) 625-8410

Nutrition Resource Guide for Child Care

Developed by The University of Georgia. Designed for CACFP providers and includes information on nutrition, child development, and food service operations. Available from The U.S. Department of Agriculture, Food & Nutrition Service, Southeast Region, 77 Forsyth Street S.W., Atlanta, GA 30303-3427
404-730-2631

Penn State Cooperative Extension

(or your local extension office)

111 Borland Laboratory
University Park, PA 16802
(814) 863-5444

Pennsylvania Department of Education (PDE)

Division of Food and Nutrition
Nutrition Education and Training Program
333 Market Street
Harrisburg, PA 17126-0333
(800) 331-0129

Public Voice

1001 Connecticut Ave., NW
Suite 522
Washington, DC 20036

*Caring for Our Children, National Health Performance
Standards: Guidelines for Out-of-Home Child Care
Programs*

The American Public Health Association
1015 Fifteenth Street, NW.
Washington, DC 20005

Show Me Healthy Habits

The Missouri Department of Health
WIC Program
P.O. Box 570
Jefferson City, MO 65102
(314) 751-6183

*Standardized Ethnic Recipes for Child-care Centers and
Family Day Homes*

The Texas Department of Human Services
Nutrition Education and Training Program
P.O. Box 149030
Austin, TX 78714-9030
(512) 450-4690

The Penn State University Nutrition Center

417 E. Calder Way
The Pennsylvania State University
University Park, PA 16801-5663
(814) 865-6323 or Fax (814) 865-5870

The Virginia Polytechnic Institute and State University

Department of Human Nutrition and Foods
College of Human Resources
Blacksburg, VA 24061-0430

Healthy Choices for Family Day Care Providers:

Nutrition... Education... Safety.

Dairy Council Inc.
1225 Industrial Highway
South Hampton, PA 18966
(215) 322-0450

United States Department of Agriculture

Food and Nutrition Information Center
National Agricultural Library, Room 304
10301 Baltimore Boulevard
Beltsville, MD 20705
(301) 344-3719

Nutrition Guidance for the Child Nutrition Programs

United States Department of Agriculture
Food and Nutrition Service (FNS)
3101 Park Center Drive
Alexandria, VA 22302
*Contact Regional Offices for Assistance
Mid-Atlantic Regional Office (Serving PA)
(609) 259-5091

Appendix A: Meal Planning Worksheet

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL PATTERN					
BREAKFAST					
1 serving each					
1. Milk					
2. Bread/Bread Alternate					
3. Juice/Fruit/Vegetable (1 serving each)					
LUNCH					
1 serving each					
1. Milk					
2. Bread/Bread Alternate					
3. Fruit/Vegetable					
4. Vegetable/Fruit					
5. Meat/Meat Alternate					
SNACK					
(2 of 4; only 1 liquid)					
1. Milk					
2. Bread/Bread Alternate					
3. Juice/Fruit/Vegetable (1 serving each)					
4. Meat or Alternate					
MEAL PATTERN					

Appendix B: Meal Pattern for Children in the CACFP

Breakfast	Children 1 and 2 years	Children 3 through 5 years	Children 6 through 12 years
Milk, fluid	½ cup	¾ cup	1 cup
Juice or fruit or vegetable	¼ cup	½ cup	½ cup
Bread and/or cereal, enriched or whole grain			
Bread or	½ slice	½ slice	1 slice
Cereal: Cold dry or	¼ cup ¹	½ cup ²	¾ cup ³
Hot cooked	¼ cup	¼ cup	½ cup
Midmorning or midafternoon snack (supplement)			
(Select 2 of these 4 components)			
Milk, fluid	½ cup	½ cup	1 cup
Meat or meat alternate⁴	½ ounce	½ ounce	1 ounce
Juice or fruit or vegetable	½ cup	½ cup	¾ cup
Bread and/or cereal, enriched or whole grain			
Bread or	½ slice	½ slice	1 slice
Cereal: Cold dry or	¼ cup ¹	½ cup ²	¾ cup ³
Hot cooked	¼ cup	¼ cup	½ cup
Lunch or supper			
Milk, fluid	½ cup	¾ cup	1 cup
Meat or meat alternate			
Meat, poultry, or fish, cooked (lean meat without bone)	1 ounce	1½ ounces	2 ounces
Cheese	1 ounce	1½ ounces	2 ounces
Egg	1	1	1
Cooked dry beans and peas	¼ cup	¾ cup	½ cup
Peanut butter or other nut or seed butters	2 tablespoons	3 tablespoons	4 tablespoons
Nuts and/or seeds	½ ounces ⁵	¾ ounce ⁵	1 ounce ⁵
Vegetable and/or fruit (two or more)	¼ cup	½ cup	¾ cup
Bread or bread alternate, enriched or whole grain	½ slice	½ slice	1 slice

¹ ¼ cup (volume) or ½ ounce (weight), whichever is less.

² ½ cup (volume) or ½ ounce (weight), whichever is less.

³ ¾ cup (volume) or 1 ounce (weight), whichever is less.

⁴ Yogurt may be used as a meat/meat alternate in the snack only. You may serve 4 ounces (weight) or ½ cup (volume) of plain, or sweetened and flavored yogurt to fulfill the equivalent of 1 ounce of the meat/meat alternate component. For younger children, 2 ounces (weight) or ¼ cup (volume) may fulfill the equivalent of ½ ounce of the meat/meat alternate requirement.

⁵ This portion can meet only one-half of the total serving of the meat/meat alternate requirement for lunch or supper. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry or fish. **CAUTION:** Children under 5 are at the highest risk of choking. USDA recommends that any nuts and/or seeds be served to them in a prepared food and be ground or finely chopped.

Appendix C: Nutrition Label Information

Serving Sizes

- The **serving size** on the food label is listed more often in
 - household measures [cups, tablespoons and teaspoons] or
 - fractions [$\frac{1}{8}$ cake] or
 - pieces [7 crackers] or
 - fluid ounces.
 - This will be followed by a gram weight.
 - The serving size will be listed in ounces less frequently than the units listed above.
- Note:** 28g is equal to one ounce.

When identifying the meat/meat alternate category in menu planning, keep the following figures in mind:

Lean meat/meat alternates:	a 28g serving has about 3g of fat.
Medium fat meat/meat alternate:	a 28g serving has about 5g of fat.
High fat meat/meat alternate:	a 28g serving has about 8g of fat.

The net weight of the package listed on the front panel in ounces. Use this as another reference when choosing foods for your menus. Here are some examples of serving size declarations you can expect to see for meat/meat alternates.

Food Product	Example: Serving size declaration
Sliced cheese	1 slice (28g)
Block cheese (must be cut into servings)	1 ounce (30g, about 1 inch cube)
Grated cheese	1/4 cup (26g)
Peanut butter	2 tablespoons (32g)
Luncheon meat	1 slice (55g) or 1 slice (28g/1 oz)
Hot dogs	1 link (55g)
Fresh ground hamburger (voluntary)	3 ounces (85g) raw or cooked
Fresh chicken (voluntary)	3 ounces (85g) raw or cooked
Frozen fish	3 ounces (85g) cooked

- The serving size used on the label is the amount most people 4 years of age or older typically eat in one serving. It is not necessarily a recommended amount to eat.

Nutrient Content Claims

- Nutrient content claims can alert you to low-fat products. They will appear on the front of the package. A statement will direct you to the Nutrition Facts panel to check all the nutrient values. A nutrient content claim may say something like this:

Low fat

25% less fat than regular peanut butter

See side panel for nutrition information.

Here are the definitions of low fat claims for meat/meat alternates.

Claim statement	What it means
fat-free	less than 0.5g fat
low-fat	3g or less fat
reduced fat	at least 25% less fat than the food it replaces
percent fat-free	must meet low-fat claim rule
lean	food contains less than 10g total fat, 4.5g or less saturated fat, and less than 95mg cholesterol
extra lean	food contains less than 5g total fat, 2g saturated fat, and 95mg cholesterol

Daily Values

- The Daily Value is the recommended daily intake of a nutrient. Some of the Daily Values are based on calorie intake. The Daily Values for two calorie levels are listed on the full Nutrition Facts panel for your reference. The % Daily Value is the percent of the recommended amount of a nutrient that is provided by one serving of this food. The % Daily Values on the Nutrition Facts panel are based on the values listed for a 2000 calorie intake. In the label shown, the fat in one serving of this food provides 23% of the Daily Value for fat in a 2000 diet (e.g., $15\text{g}/65\text{g} \times 100 = 23\%$).
- Use the % Daily Values on the Nutrition Facts panel to find low-fat foods to balance menus. You can match a higher-fat meat/meat alternate with a low-fat food to complete a meal or snack.

Example. The meat alternate for a snack is peanut butter. This is a higher-fat alternate. Look for a snack cracker that has a lower % Daily Value for fat to serve with the peanut butter.

Graham Crackers

Serving Size 2 crackers (28g)

% Daily Value

Total Fat 2g 3%

Ritz Crackers

Serving Size 5 crackers (16g)

% Daily Value

Total Fat 4g 6%

Based on these serving sizes, Graham crackers would be the lower fat choice.

Example. The meat chosen for lunch is fried fish sticks. Choose a lower-fat cookie for dessert.

Chocolate Pixes

Serving Size 2 cookies (34g)

% Daily Value

Total Fat 9g 14%

Ginger Snaps

Serving Size 4 cookies (28g)

% Daily Value

Total Fat 3g 5%

Based on these serving sizes, the Ginger snaps would be the better choice.

Nutrition Facts

Serving Size 2 Tbsp (30g)

Servings Per Container 38

Amount Per Serving

Calories 190 Calories from Fat 140

% Daily Value*

Total Fat 15g 23%

Saturated Fat 3g 15%

Cholesterol 0mg 0%

Sodium 140mg 6%

Total Carbohydrate 5g 2%

Dietary Fiber 4g 16%

Sugars 2g

Protein 7g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

Appendix D : Recipe Index (6 - 12 yrs.)

B/BA = bread/bread alternate M/MA = meat/meat alternate F/V = fruit/vegetable SM = sample menu

Note: Most recipes are used more than once in the sample menus, however, only one location is identified in the index.

Recipe	Meal Component (Svgs.) 6-12 yr.*	Page (SM)
Apple Coleslaw	(10) 1 F/V	32 (64)
Apple Tuna Sandwich	(10) 1 B/BA, 1 M/MA	32 (59)
☺ Applesauce (Homemade)	(10) 1 F/V	45 (56)
Baked Beans and Noodles	(10) 1 M/MA, 1 B/BA	32 (56)
☺ Banana Crunch Pops	(10) 1 F/V	45 (70)
Banana Raisin Pancakes	(10) 1 B/BA	24 (63)
Beef Barley Stew	(10) 1 M/MA, 1 F/V	33 (62)
Beef Stew	(10) 1 M/MA, 1 F/V	33 (66)
Breakfast Apple Pizza	(10) 1 B/BA, 1/2 F/V	24 (66)
Carrot & Raisin Salad	(10) 1 F/V	34 (52)
Cheese-Wheat Snacks	(10) 1 B/BA	46 (68)
Chicken Nuggets & Dipping Sauce	(12) 1 M/MA	34 (53)
Chicken-Vegetable Soup	(10) 1 M/MA, 1 F/V	35 (65)
Chinese Vegetable Stir-Fry	(10) 1 F/V	35 (58)
Chocolate Raisin Banana Muffins	(12) 1 B/BA	25 (57)
Crispy Winter Vegetable Salad	(10) 1 F/V	36 (68)
Dogs in Blankets	(10) 1 M/MA, 1 B/BA	36 (52)
Fancy Baked Potatoes	(10) 1 F/V	37 (64)
Frozen Waffle Treat	(12) 1 B/BA	46 (66)
Fruit Dip	Does not fulfill a meal component	46 (71)
Fruit Smoothy	(10) 1 milk, 1 F/V	25 (67)
Fruit-N-Juice Shake	(10) 1/2 M/MA, 1 F/V	25 (65)
☺ Fruity Parfait	(10) 1 F/V, 1 B/BA	47 (63)
Giant Blueberry Rounds	(10) 1 B/BA	26 (54)
Granola Bars	(10) 1 B/BA	46 (56)
☺ Green Eggs and Ham	(10) 1 M/MA	37 (56)
☺ Homemade Granola	(10) 1 B/BA	26 (54)
Hot and Fruity Oatmeal with Jam Sauce	(10) 1 B/BA	27 (64)

☺ These recipes may be useful as hands-on activities.

* Number in parentheses indicates number of servings.

** BF indicates Breakfast

Recipe	Meal Component (Svg.) 6-12 yr.*	Page (SM)
No-Flip Pancakes	(10) 1 B/BA	27 (61)
Oatmeal Silver Dollars & Pear Sauce	(10) 1 B/BA, 1 F/V (** BF only)	28 (65)
On the Run Pizza	(10) 1 M/MA, 1 B/BA	38 (53)
One-Pot Mac 'n' Cheese	(10) 1 M/MA, 1 B/BA	38 (59)
Pasta Salad	(10) 1 B/BA, 1 F/V, 1 M/MA	39 (55)
Peach Waffle Topping	(10) ½ F/V (** BF only)	29 (52)
Peanut Butter Muffins	(10) 1 B/BA	47 (64)
☺ Peanuty Burrito Rolls	(10) 1 B/BA, 1 M/MA, ½ F/V	48 (66)
Rice Pudding	(10) ½ B/BA	48 (54)
Rice & Apples	(10) ½ B/BA	39 (67)
Spaghetti & Meat Sauce (Microwave)	(10) 1 M/MA, 1 B/BA, ½ F/V	40 (58)
Spinach Cakes	(10) ½ F/V	40 (60)
Taco Bake	(10) 1 M/MA, ¾ F/V, 1 B/BA	41 (57)
Tripearatops Pops	(10) 1 F/V	49 (58)
Tuna Cakes	(10) 1 M/MA	41 (56)
Tuna Casserole	(10) 1 B/BA, 1 M/MA	42 (63)
Vegetable Dip	Does not fulfill a meal component	49 (52)
Vegetable Pasta Italiano	(10) 1 M/MA, 1 F/V, 1 B/BA	42 (61)
Vegetable Pita Pockets/Burritos	(10) 1 B/BA, 1 F/V, ½ M/MA	43 (60)
☺ Vegetable Soup	(10) 1 F/V	43 (71)
☺ Very Giant Pretzels	(10) 1 B/BA	49 (55)
Warm Tropical Fruit Topping	(10) ½ F/V (** BF only)	29 (57)
William Tell Pancakes	(10) 1 B/BA	30 (60)
Zucchini Bread	(12) 1 B/BA	30 (56)

B/BA = bread/bread alternate M/MA = meat/meat alternate F/V = fruit/vegetable SM=sample menu

Note: Most recipes are used more than once in the sample menus, however, only one location is identified in the index.

☺ These recipes may be useful as hands-on activities.

* Number in parentheses indicates number of servings.

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